

Gymnastics FAQs for Coaches – September 2016

Gymnastics Canada offers the following NCCP workshops: Foundations or Community Sport; Competition Introduction 1; Competition Introduction 2; Competition Development 3 and Competition High Performance 4. Until October 2016, Level 2 NCCP will still be offered by Rhythmic Gymnastics but once the new Competition 1 and 2 programs are completed, they will be the standard to replace the Level 2 NCCP. Anyone who has their NCCP Level 2 in RG must submit their practical hours as soon as possible so that they can be certified under the old program. Note that Level 2 and 3 certified coaches are not required yet to maintain professional development points, but in this overlap time, any certified Foundations coach will need to maintain 10 PD points to maintain their certification in every five year cycle. All courses that Level NCCP coaches attend or pass are recorded in their CAC history under the certification tab, but will not be tallied for PD points until they are certified in the competency based NCCP Foundations/Comp Intro/Comp Dev programming.



Check <http://www.gymcan.org/coaching/become-a-coach> for more information about GCG's program.

Frequently Asked Questions

The National Coaching Certification Program was launched in 1974 to give coaches the confidence to succeed. The program has constantly evolved over the years to stay at the forefront of delivering programs that respect the principles and science of Long-term Athlete Development, while also reflecting the changes within sports - from the science of training, to competition strategy and tactics, to the athletes themselves.

The Coaching Association of Canada and its partners recognize the value of having certified NCCP coaches that are engaged in Professional Development programs which reinforce the values of lifelong learning and sharing amongst the coaching community.

Gymnastics Foundations: Become an NCCP trained coach through the following series of workshops which are designed to be taken in order.

Introduction: Coaches will learn the components of Gymnastics Canada's 3F philosophy (Fun, Fitness, and Fundamentals), as well as common safety tips and fundamental movement patterns in this 8-hour course that covers common topics for all gym sports.

Theory: During this 4-hour theory course, coaches will learn how to apply an ethical decision making process to coaching and find out how to effectively plan a practice. They then need to finish the on-line Competition Making Ethical Decisions evaluation program to complete their theory training.

Discipline specific:

Active Start: Designed for coaches that work with preschool aged children, this 8-hour in-gym course is an introduction to the Active Start (AS) approach, the AS child, the AS lesson, and the AS program.

Artistic, Rhythmic, Trampoline, or Aerobic: These 8-hour in-gym courses are designed specifically for each discipline in gymnastics. Coaches learn fundamental movement patterns and basic skills that are specific to each discipline and learn how to teach young participants in a fun and exciting environment.

To see when these clinics are being offered in your region, please *click here*.

Each discipline in gymnastics, and each province, has slightly different standards and expectations for coach training at different levels. Please call your PSO or go to the following link to determine what the rules are in your province. <http://www.gymcan.org/coaching/coaching-requirements>

Becoming Certified

Following completion of the three Gymnastics Foundations courses (Intro course, Theory course, discipline-specific course (including the online MED evaluation), coaches must assemble their "Coaching Portfolio" and complete the Gymnastics Foundation discipline-specific evaluation process to become certified. Most provinces (including Alberta) also require the completion of the Respect in Sport on-line program.

Coaching Portfolio - Beginning on page 6 of the Gymnastics Canada Coach Evaluation package are details on building the portfolio. Note that in 2016/17 this evaluation process may change. Check with your PSO.

Gymnastics Foundations evaluation process - There is NO time requirement between the coach taking the Gymnastics Foundation courses and completing the Gymnastics Foundations evaluation. Evaluations should take between 2.5 and 4 hours to complete. The Gymnastics Canada coach evaluation package and evaluator guide MUST be used. These are available in electronic format.

Maintaining your certification

The Coaching Association of Canada and its partners recognize the value of having certified NCCP coaches that are engaged in Professional Development programs which reinforce the values of lifelong learning and sharing amongst the coaching community.

In order for NCCP coaches to maintain their certified status, they will be required to obtain Professional Development (PD) points. PD points can be earned through a multitude of activities that coaches already participate in, including: national and provincial sport organization conferences and workshops, eLearning modules, NCCP workshops, coach mentorship programs, and active coaching. In most cases coaches are already earning their required PD points -- Maintenance of Certification Status is simply the introduction of tracking these points and recognizing coaches for their efforts.

Log into the Locker for an up-to-date record of your PD points. For examples of opportunities to accumulate PD points, check out these pages, and if you still have questions, check out the FAQs!

PD points can be gained by doing sport specific workshops, multisport workshops.

Examples of multisport NCCP workshops include:

Multi-sport Modules

[Aboriginal Coaching Modules](#) | [Advanced Practice Planning](#) | [Basic Mental Skills](#) | [Coaching and Leading Effectively](#)
[Coaching in Secondary Schools](#) | [Design a Basic Sports Program](#) | [Developing Athletic Abilities](#) | [Empower +](#)
[Fundamental Movement Skills](#) | [Leading Drug-free Sport](#) | [Make Ethical Decisions](#) | [Making Head Way](#)
[Manage a Sport Program](#) | [Managing Conflict](#) | [Mentorship](#) | [Nutrition](#) | [Performance Planning](#) | [Planning a Practice](#)
[Prevention and Recovery](#) | [Psychology of Performance](#) | [Resistance Training](#) | [Teaching and Learning](#)

- **WHO DOES “MAINTENANCE OF CERTIFICATION” APPLY TO?**
All certified coaches, except those with Levels-NCCP certifications, must maintain their certification status. Maintenance of Certification does not apply to coaches with Levels-NCCP certifications. Some sports also require coaches who have achieved TRAINED status to maintain their status through the PD program. For a list of these sports click [here](#).
- **WHY DO I NEED TO MAINTAIN MY CERTIFICATION?**
Maintenance of certification, through proof of ongoing learning (Professional Development) and active coaching is viewed as essential to athlete performance and the integrity of the NCCP. The Levels-NCCP was sometimes criticized because a coach could continue to be “Certified” even if they had not coached for several years or did not keep their coaching knowledge up to date.
- **WHEN DO THE REQUIREMENTS FOR MAINTENANCE OF CERTIFICATION START?**

The requirement to maintain "Certified" status through the accumulation of Professional Development points and proof of active coaching, officially started for all sports on January 1, 2014. However, any PD points earned in 2013 will be counted towards the maintenance of your certification even though the maintenance requirements for your certification only came into effect on January 1, 2014. This effectively gave you all of 2013 as a bonus additional year to have earned PD points.

- HOW DO I KNOW HOW MANY PROFESSIONAL DEVELOPMENT POINTS I NEED TO MAINTAIN MY CERTIFICATION?

Your maintenance points are on The Locker as part of your CAC recognition of courses and activities completed

- DOES THE NUMBER OF REQUIRED PROFESSIONAL DEVELOPMENT POINTS VARY FROM SPORT TO SPORT OR CONTEXT TO CONTEXT?

Yes. To check for all sports go to http://www.coach.ca/files/PD_Summary_COMPILED_FINAL_EN.pdf

For Gymnastics it is 10 points for a Foundations coach within five years.

- HOW LONG DO I HAVE TO GET THE REQUIRED NUMBER OF POINTS?

Five years

- HOW CAN I ACCUMULATE PD POINTS?

- There are many ways to accumulate points. Events that are organized by the CAC, your NSO or P/TSO, or P/TCR will advertise the number of PD points associated with the event. An evaluation, combined with five years of coaching, will give you all your PD points without attending additional workshops or classes. However, everyone is encouraged to advance their learning and keep up to date with new coaching techniques.

- In general:

- NCCP training (courses and 1 day events) or evaluation events are worth 5 points;
 - Non-NCCP events are worth 1 point for each hour they last, up to a maximum of 3 points; (NOTE: This may be incorrect on the CAC website, as we have been told that it is three points for a 3 hour course. Anything less than 3 hours doesn't count towards PD points. If the course is 7 hours in one day, it still only counts as one point)
 - "Active coaching" will give you 1 point per year
 - Through "Self-directed learning" you can earn a maximum of 3 points per five-year PD cycle
 - You can only count five points from Non-NCCP activities in a five year period – so you have to do some of the on-line or in-class options offered by CAC

- WHAT WILL I HAVE TO DO TO ENSURE THAT MY PD POINTS ARE RECORDED ON MY TRANSCRIPT?

Simply indicate to the organizer of the event that you wish to receive PD points for attending. The organization that is coordinating or hosting the event or activity is responsible for entering into The Locker the names of participating coaches. You will automatically receive the PD points assigned to that event. In Alberta, the RGA office receives the registration for coaching workshops, and once attendance is

confirmed, the workshop is registered per participant. That is why it is important to register on-line with CAC.

- **HOW CAN I CHECK HOW MANY PD POINTS I HAVE?**
Your PD points will appear on your transcript as long as your profile information (name, NCCP#, etc.) has been recorded correctly with the organizer of the event, and your profile is up-to-date on coach.ca. You can check your profile and points by logging into coach.ca and using your NCCP# to check your transcript. Remember that PD points will only appear on your transcript after the data has been entered in the Locker.
- **IS THERE ANY LIMIT ON THE NUMBER OF PD POINTS I CAN ACCUMULATE?**
No. You only need to earn the required number of points to maintain certification; however, you can accumulate as many PD points as you want. Please note that you cannot carry forward any points into the next cycle. Once the five year cycle ends (or any lesser period depending on your sport), PD points are re-set to 0.
- **WHAT IF I AM CERTIFIED IN TWO SPORTS?**
If you are certified in two sports, accumulated points will apply to both sports. The number of points required to maintain certification will be determined by whichever sport requires the highest number of PD points.
- **WHAT IF I AM CERTIFIED IN TWO DIFFERENT CONTEXTS?**
By this, you may be certified in Foundations and Comp Intro and Comp Dev in Gymnastics. If you are certified in two contexts within a sport, your accumulated PD points will apply to both contexts. The number of points required to maintain certification will be determined by whichever context requires the highest number of PD points.
- **CAN I GET PD POINTS IF I ATTEND A CONFERENCE OR COURSE IN ANOTHER COUNTRY?**
Self directed learning will be available as an option later in 2016.
- **IF I ATTEND A WORKSHOP SUCH AS “MAKE ETHICAL DECISIONS” MORE THAN ONCE IN A CYCLE, WILL I RECEIVE PD POINTS EVERY TIME I ATTEND?**
Yes, but we encourage you to engage in a wide variety of learning opportunities.
- **WHAT HAPPENS TO MY NCCP CERTIFICATION IF I DO NOT COMPLETE THE REQUIRED PD IN THE TIME ALLOWED?**
Your transcript would show that your “Certified” status has not been renewed. Your sport determines what a coach must do to reinstate their “Certified” status. Your sport also determines the consequences of ‘non-renewed’ “Certified” status. These details will continue to be worked out by NSOs through the first PD cycle (2014-2019). It is currently understood that coaches will revert to trained status until they can accumulate sufficient PD points. At any time a coach can submit another evaluation video for review and get five PD points, which combined with five years of coaching will provide the 10 points to maintain their foundations certification.
- **WHO CAN I CONTACT IF A PD ACTIVITY DOES NOT APPEAR ON MY TRANSCRIPT?**
The best starting point is the organization that coordinated the event since it is responsible for entering the data. If, for example, you attended a workshop organized by Sport Manitoba, you should start by contacting Sport Manitoba to confirm that the data from the workshop has been entered into the Locker. If

it has been entered and it still does not appear on your transcript, you can contact Coach Services at the CAC.

- **IF I'M NOT SURE IF I'M GOING TO BE COACHING FOR LONGER THAN 5 YEARS SHOULD I STILL BE EARNING PD POINTS?**
If you're not sure, why not accumulate points anyway? Professional Development is a way to improve your coaching knowledge which, in turn, benefits the athletes you coach. Even if you think you might not be coaching five years from now, why not become the most knowledgeable coach you can be for the athletes you work with, for however long you coach? And then if you decide to continue coaching later in the PD cycle, you won't have to scramble to accumulate PD points.
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Following are some terms that have been used in these FAQs that you may be curious about.

PD Registry

This is the central list of all eligible PD events. The list is maintained by the CAC but it is made up of events that are submitted by sports, P/TCRs, the National Coaching Institutes, and the CAC. A coach does not have access to the Registry which is maintained in The Locker

PD Cycle

This is the period of time over which the PD points must be accumulated in order to maintain "Certified" status. The minimum standard for this cycle is five years. However, a sport may choose a shorter cycle.

NCCP Partner

This term refers to the original founding and funding Partners of the NCCP and includes the federal government, the