

**BC Rhythmic Gymnastics
Coaching Pathway - June, 2013**

I'm a NEW coach, and I need to get certified. I need to take

GYMNASTICS FOUNDATIONS

1. Register for Foundations Part 1

- This course is two days long, and covers the basic movements in all forms of gymnastics. All gymnastics disciplines take this course together (RG, AG, Tramp, etc). It is quite active.
- You can take this course through either Gymnastics BC or BC Rhythmic Gymnastics. The course is the same.
- You **MUST** take this course before Part 2 or 3.
- When this course is complete, you will be asked to complete a 10 week practicum, under the supervision of a mentor coach. You will need to complete a workbook, and bring it with you to your Theory course
- When this course is complete, you will be considered **IN TRAINING**.

2. Register for Foundations Part 2 (Theory)

- This course is one day (usually Saturday), and covers the theory portion of foundations (ethics and lesson planning). All gymnastics disciplines take this course together. It is NOT active, often done in a classroom.
- You can take this course through either Gymnastics BC or BC Rhythmic Gymnastics. The course is the same.
- Your workbook of your practicum will be checked at this course
- When this course is complete, and once you have received a CC# through Coaching Association of Canada, you must log into your profile on coach.ca to complete the online evaluation of Make Ethical Decisions

3. Register for Foundations Part 3 (Rhythmic Gymnastics)

- This course is one day (usually the Sunday after a Theory course), and covers the discipline specific skills in your form of gymnastics; RG. It is an active course, which will prepare you to teach basic skills for recreational classes.
- You register for this course through BC Rhythmic Gymnastics; If you do not see an upcoming course, please contact BC Rhythmic Gymnastics.
- You may take Part 3 before Part 2, though it is recommended to do Part 2 first.
- When this course is complete, you will be considered **TRAINED**.

4. Contact BC Rhythmic Gymnastics for your Evaluation Package

- You will be asked to fill out an evaluation package, including submitting a video.
- When this has been submitted, and accepted, you will be **CERTIFIED**. You will be notified if any portion of this evaluation must be re-done.

I am certified in Gymnastics Foundations, or am Level 1 certified in the old system. I need to register for
LEVEL 2

1. Register for Introduction to Competition Part B

- This course is two days (often done in one evening and a full day), and covers yearly lesson planning, teaching/learning and mental training. It is NOT active and done in a classroom.
- This course can be run by any organization (if we have enough interest within BC Rhythmic Gymnastics, we can run a course just for RG coaches). Check coachesbc.ca for upcoming courses and homestudy options.

2. Register for Level 2 Technical - Rhythmic Gymnastics

- This course is usually four days, over two weekends. It is an ACTIVE course.
- Registration for this course happens through BC Rhythmic Gymnastics.

3. Fill out the Practical form

- Available on the BC Rhythmic website, fill out and submit the Practical form, indicating that you have completed 60 hours of coaching.
- After all three of these sections have been completed, you will be **CERTIFIED** in Level 2 Rhythmic Gymnastics.

I am Level 2 certified, I am now ready for
LEVEL 3

Contact BC Rhythmic Gymnastics.