



Frequently Asked Questions

Regarding
Coaching Certification

September, 2008

1. Why do I need to get certified? I have been an athlete for years and understand the sport better than most.

Coaching is a very different approach to sport than you'd have as an athlete. Coaching courses will help you to view the gym in a whole different way and guide you to make smart choices that will affect your own athletes. Your experiences as an athlete will certainly help you better understand the sport and understand your own athletes.

Furthermore, it is currently a policy of BCRSGF that all coaches coaching RG MUST be Level 1 certified (or equivalent, under the new program)

2. I hear there has been a big shift in NCCP training in Canada... why?

Across the board, in all sports, the Coaches Association of Canada was seeing some trends. In general, the information that was going out to coaches was good, but a bit out dated. We were providing coaches with what they needed, but they weren't always making the smartest choices, and were often not using what they had 'learned'.

The shift in Canada is now towards a 'competency-based' approach. Most sports, including ours, have now combined the former Level 1 Technical and the former Level 1 Theory into a 'Foundations' course which is entirely sport specific. This means no more taking a 'theory' course with soccer coaches! A key component to this new program is the evaluation component. After the coach has completed his or her Foundations course, s/he will be evaluated (exact process TBD). This evaluation will not only 'certify' the coach, but will provide him/her with some constructive feedback.

Coaches that have not completed the 'assessment' will only be registered as 'trained'. Once they have successfully completed the assessment they will be registered as 'certified'.

3. How has this new program changed how gymnastics coaches, specifically rhythmic, are getting trained?

This new program is a huge change for Canadian rhythmic gymnastics coaches. A more structured and standardized program will help to ensure that new coaches learn what they need to run recreational type programs.

The new program looks like this:

Weekend 1: Foundations (16 hours)

- All disciplines of gymnastics (rhythmic, mens, womens, trampoline, aerobics and acrobatics) participate together during this weekend
- Coaches learn about the Fundamental Movement Patterns of gymnastics, and other coaching topics important to all disciplines.

At this point, the coach will complete a 10 week practical component and complete a workbook.

Weekend 2, Day 1: Theory (8 hours)

- All disciplines can participate
- Coaches learn what was formerly included in Introduction to Competition Part A (planning a practice, ethics, etc.). The 'Making Ethical Decisions' portion of this section requires an online 'exam' to be certified in that component.

Weekend 2, Day 2: Discipline Specific (8 hours)

- At this point, the coach specializes in one discipline of gymnastics and learns the specifics of coaching for that discipline.

The coach will then be evaluated. Details about evaluations to come from Gymnastics Canada when available!

A coach may choose to become certified in more than one discipline. S/he may also choose to become certified in Active Start, which is Gymnastics Canada term for preschool programs (0-6 years).

4. I will be/am currently coaching rhythmic gymnastics and I don't know anything about the sport. Will this new program teach me what I need to know?

Yes and no. You will learn some basics about planning, safety, ethics and general coaching. Specific to gymnastics, you will learn about the Fundamental Movement Patterns and some RG basics. If you'd like some more experience in rhythmic gymnastics, contact BCRSGF and we will help set you up with a 'mentor'.

5. I am Level 1 complete. Will I have to redo my courses?

No. However, if you did your Level 1 Theory PRIOR to the shift change to Introduction to Competition Part A and have NOT completed the Make Ethical Decisions (MED) module, the Coaches Association of BC is instructing you to participate in a MED module and take the online exam.

6. I have taken my Level 1 Technical but not my Level 1 Theory – what can I do?

You'll need to take Introduction to Competition Part A. Courses are offered around the Province, or by homestudy. You can find online listings at www.coaches.bc.ca

7. I have taken my Level 1 Theory but not my Level 1 Technical – what can I do?

As we are no longer offering the old Level 1 Technical, you will need to start at the beginning of the Foundations course. We have known this change has been coming for some time and have done our best to communicate to coaches to not get stuck in this hole!

8. I am ready to begin my Level 2. Are there any changes I should be aware of?

Not yet. The Level 2 program will transition as well, but not yet. The 'safest' thing to do is to 'finish' the level you've started. So, if you've done your Level 2 Theory, do your Level 2 Technical and Practical so you are 'complete'. Basically, stay tuned!

9. What is this 'Respect in Sport' thing?

Respect in Sport is a program with the Canadian Red Cross which helps to guide coaches to make smart decisions about creating a safe sporting environment. Gymnastics Canada has made participation in this program mandatory. The program is available online, through a link at www.rhythmicsbc.com. All coaches registered with BCRSGF MUST complete the program or their clubs will be charged for their non-participation!

More Questions? Contact BC Rhythmic Gymnastics at bcrsgf@rhythmicsbc.com