

So you think you want to coach?

There are a number of steps you can take to become a rhythmic gymnastics coach. Just read the steps below and let us know if you're interested!



1. Pre Coach-in-Training (pre-CIT)

- a. Gymnasts must be 13-15 years of age
- b. This is a 1-2 year program, depending on the gymnast's age.
Pre CITs have a workbook to complete during this training. A pre CIT will work alongside a senior coach to learn some of the more important aspects of coaching gymnastics (how to teach skills, identifying and correcting technical mistakes, maintaining control of your class, how to be a leader, incorporating skill-based games and activities, etc).
- c. Once a pre CIT coach has completed her workbook, she is eligible to begin taking the Foundations to Gymnastics courses. Pre CIT coaches can take the Foundations courses at age 15, gymnasts who did not take the pre CIT training must wait until they are 16 to take the Foundations courses.

2. Coach in Training (Foundations level)

- a. Gymnasts must be at least 16 years of age
- b. There are 3 courses a Coach in Training must complete to become a TRAINED Foundations Coach
 - i. Foundations Introduction (2 days)
 - ii. Complete Foundations Workbook (10 weeks)
 - iii. Foundations Theory (1 day)
 - iv. Foundations Sport-Specific RG course (1 day)
 - v. Complete the Making Ethical Decisions online test (3 hours)
 - vi. Complete the Respect in Sport online test (3 hours)
- c. Once a coach has completed the above courses and workbook, she is now considered to be a TRAINED Foundations Coach. A Trained Coach is able to coach a class on her own provided a Certified Coach is in the gym.

3. Certified Foundations Coach

- a. To become a CERTIFIED Foundations Coach, the Trained Coach must be able to coach a recreational level class on her own.
- b. She must also complete a Foundations EVALUATION package and submit a video (DVD) of herself teaching a Beginner recreational class.
- c. The Evaluation package and video is assessed by a rhythmic gymnastics expert. If the Coach's Evaluation package and video fulfill the requirements, then she becomes a CERTIFIED coach.
- d. There is no time limit to become a Certified coach. The supervising coach and the Trained Coach will work together to determine when the Trained Coach is sufficiently experienced to begin the Evaluation process.

4. Coaching opportunities

Once a coach has her Foundations Certification, she is eligible to begin pursuing higher coaching certification (National Coaching Certification Program, or NCCP, Level 2 and 3).

Pre CITs, Coaches in Training, Trained Coaches and Certified Coaches are encouraged to continue to improve their coaching knowledge by participating in coaching workshops and clinics offered by Rhythmic Gymnastics Alberta.

Steps to Becoming a Rhythmic Gymnastics Coach – checklist

Check (✓) when completed

Step 1	Pre Coach-in-Training Handbook	<input type="checkbox"/>
	Teach alongside senior coach	<input type="checkbox"/>
Step 2	Foundations Introduction course	<input type="checkbox"/>
	Foundations Workbook	<input type="checkbox"/>
	Foundations Theory course	<input type="checkbox"/>
	Foundations RG course	<input type="checkbox"/>
	MED online test	<input type="checkbox"/>
	Respect in Sport online test	<input type="checkbox"/>
Step 3	Teach Beginner rec class as main coach	<input type="checkbox"/>
	Complete and submit EVALUATION package and coaching video	<input type="checkbox"/>

CONGRATULATIONS! ONCE YOU'VE COMPLETED ALL OF THESE STEPS, YOU ARE A CERTIFIED FOUNDATIONS RHYTHMIC GYMNASTICS COACH