

GymNation

(CIT) Coach in training Program

The National Coach in Training Program is a tool that allows young gymnasts or students to participate in practical coaching that could potentially evolve into a part-time or full-time career as a coach.

Gymnastic coaches are still very much in demand across the country and abroad. This provides an opportunity for young coaches to learn on the job training before ever requiring a job.

Who can be a PRE-CIT?

If you are 13 to 15 years old, enthusiastic, energetic, and interested in learning how to coach gymnastics, you can become a Pre-CIT. Some experience as a gymnast, either at a recreational or competitive level is beneficial. Other than that you just need to be a registered member of the club and provincial/territorial (P/T) Gymnastics Association.

The benefits of a CIT Program:

Participants will be able to:

- ◆ Demonstrate his/her knowledge and understanding of a recreational club, its policies, structure and programs.
- ◆ Demonstrate his/her knowledge and understanding of basic ethical principles as they apply to gymnastics.
- ◆ Demonstrate your knowledge of safety rules and procedures used in the gym, and perform a basic safety inspection of the gym.
- ◆ Understand and apply basic principles of Fun-Fitness-Fundamentals when leading activities with children.
- ◆ Teach and run a game in a recreational or preschool class.
- ◆ Understand the CANGYM/CANJUMP program and be able to assist in teaching beginner CANGYM/CANJUMP skills.
- ◆ Demonstrate how to assist children to learn basic skills while using various teaching methods
- ◆ Plan, set up and lead an activity station or small circuit.
- ◆ Act as a minor official at a club event.
- ◆ Assist in the organization and administration of a club event or activity.
- ◆ Be prepared to assist in the case of minor injuries,
- ◆ Understand different learning archetypes and apply skills to accommodate each child,
- ◆ Trained and certified coaches increase their chances of a job when they head off to university if a gym club, day care, after school program etc. is nearby,

Young CIT participants are provided full training with either the course costs paid in full or partially as part of their training. By the time they are a full coach, they will have had training from accredited and highly experienced coaches that will prepare them for many jobs and activities that involve caring for, or teaching children.