

Pre-Coach-in-Training (Pre-CIT) Program Update

Program Background

The Pre-CIT Program (previously referred to as the 'CIT Program') is a two-year club level training program for 13-15 year olds. It can be completed in one year if a coach enters the program at age 14 (they would complete the two years in one). Gymnastics Canada (GCG) is in the process of developing a National Pre-CIT program and when it is complete, it will be mandatory to use the GCG program. Until then, clubs may continue using their existing two-year programs; however they need to follow the process below for submitting the Pre-CIT information to Gymnastics BC and GCG.

The Pre-CIT can act as an assistant to a certified coach, but cannot have the sole responsibility of a group. A Pre-CIT must always be under the direct supervision of a certified coach. Direct supervision is defined as one certified coach supervising one Pre-CIT at one time.

As per the Coaching Association of Canada policies, a person must be at least 16 years old at the time of taking any NCCP coaching courses to be granted credit for the course. Assistant coaches who have completed the Pre-CIT program will be allowed to begin Gymnastics Foundations training at age 15 (instead of 16). However, these coaches cannot complete the Gymnastics Foundations Evaluation (to become fully certified) until they reach the age of 16.

~NEW~

GCG has recently mandated a \$10 per Pre-CIT fee to be paid for all Pre-CITs that complete a two-year Pre-CIT program. This fee will add the Pre-CITs to an internal database at GCG (eventually Pre-CITs will be added to the general NCCP database; it is a work in progress). GCG will send a confirmation letter to all Pre-CITs who complete the program that will allow them to register for Gymnastics Foundations courses when they are only 15 years old. This is the **only** exception for coaches taking courses when they are not yet 16 years old.

Process for Submitting Pre-CITs to Gymnastics BC (and Gymnastics Canada)

When the two-year program cycle is complete, these are the next steps:

- The Pre-CIT Practical Record form needs to be completed and submitted to Gymnastics BC along with the \$10 payment (cheque or Visa / MasterCard accepted)
 - The form needs to be filled out by the Pre-CIT, the Mentor Coach and a Level 2 Certified supervising Coach
- Gymnastics BC will forward the information along with payment to GCG
- GCG will send a confirmation letter to each Pre-CIT that completed the program
- The Pre-CIT's will then be able to register for Gymnastics Foundations Courses (please contact the NCCP Coordinator if your Pre-CIT(s) have not yet received this letter, but wish to register for an upcoming course)
 - Pre-CIT's will be required to show this letter to the Learning Facilitator(s) of the Gymnastics Foundations course(s) that they attend

If you have any questions or concerns, please contact Catherine Dubinsky at cdubinsky@gymnastics.bc.ca.

Common Coach Abbreviations and Terminology:

NCCP	National Coach Certification Program
CAC	Coaching Association of Canada
Pre-CIT	Pre-Coach-in-Training
In Training	Prospective Gymnastics Foundations coaches who are taking coaching courses
Trained	GF Coaches who have completed training courses but have not been evaluated
Certified	Coaches who have completed training courses and have been evaluated (only GF coaches require evaluations, Level 2 and 3 coaches are certified after they have completed the three components for the level: Technical, Theory and Practical)

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