



# GYMNASTICS NOVA SCOTIA

5516 Spring Garden Road, Halifax, NS B3J 1G6  
Tel: (902)425-5450, ext. 338, fax: (902)425-5606  
e-mail: [gns@sportnovascotia.ca](mailto:gns@sportnovascotia.ca)  
Web page: [www.gymns.ca](http://www.gymns.ca)

## **NCCP Level 2 Trampoline August 27-29<sup>th</sup>, 2010 Titans Gymnastics and Trampoline Club**

The Level II Course is designed to deal mainly with inverted skills; how to teach them, how to spot them, and how to use them safely in routines. Major topics include: trampoline safety, teaching skills, somersaults, competitive routines and starting a club. Level II Trampoline helps an instructor develop the knowledge and the technical information necessary to teach the most commonly performed skills.

**Course Duration:** 21 hours      **Course Conductor:** David Brown

### **Course Content:**

The Level II Trampoline Technical Course is a “hands on” course that covers:

- the identification and use of appropriate spotting methods specific to Level II skills
- discussion to understand the mechanical basis for skill development of Level II skills from front tuck to back full
- identifying the factorial of “getting lost during somersaulting”

### **Dates, Times & Location:**

All sessions will be held at the **Titans Gymnastics and Trampoline Club (in their new facility)** located at: **40 Broom Road, Dartmouth, NS. 466-5470**

The dates and times are as follows:

Friday, August 27	6:00 pm – 9:00 pm **
Saturday, August 28	9:00 am – 6:00 pm **
Sunday, August 28	9:00 am – 5:00 pm **

\*\* Times are subject to change slightly.

### **Application:**

All application/registration forms and fees must be returned to, and approved by Gymnastics Nova Scotia. The deadline for submission is **Friday, August 20, 2010**. A late fee of \$25 will be applied to any applications received after the deadline date and admittance into the course will not be guaranteed. Other Provinces/Territories applications must be approved by their Provincial/Territorial office and submitted to the GNS office by **Friday, August 20, 2010**. Please take note that all applications will be checked prior to final approval.

**Cost:**

Course fee is \$150.00 for GNS members and \$175.00 for non-members, payable to Gymnastics Nova Scotia. **The course fee must accompany your application/registration form.** If you are not accepted into the course you will receive a full refund. For individuals accepted into the course, refunds will be available only until **Friday, August 20, 2010**, less an administrative fee of \$25.00. The course fee includes your manual and all course sessions.

**GNS members will be entitled to receive a rebate of 50% of the course fee upon completion of their Level 2 theory and practical components.**

**Requirements:**

All participants must be 16 years of age. They must be a fully certified in Level 1 Trampoline (**Theory, Technical and Practical**) and be able to demonstrate proof thereof in the form of an NCCP passport or letter of acknowledgment from the provincial association. It is strongly recommended that participants have completed Level 2 Theory as a pre-requisite to entering the Level 2 course.

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**There is a limit to the number of people that will be accepted in to the course so it is recommended that you send in your registration form and payment as soon as possible.**  
\*\*\*\*\*

If sufficient numbers of participants are not registered by **Friday, August 20, 2010**, the course will be canceled and you will receive a full refund.

**Please send Application/Registration form and cheque to:**

Gymnastics Nova Scotia  
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## NATIONAL COACHING CERTIFICATION PROGRAM Level 2 Trampoline Dartmouth, NS

### APPLICATION/REGISTRATION FORM

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Club: \_\_\_\_\_

GCG #: \_\_\_\_\_ CC# \_\_\_\_\_

Date of Birth: \_\_\_\_\_ E-mail address: \_\_\_\_\_  
(day / month / year)

What is your current position? \_\_\_\_\_

NCCP Certification Status (attach copy of NCCP white card{s})

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Relevant Experience in Coaching

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**This form must be completed and received with payment by Friday, August 20, 2010. A \$25 late fee will be applied after this date and course entry will not be guaranteed. Please send fees and forms to:**

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