



# 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 Foundations - Introduction Course Artistic and Trampoline Gymnastics

**Taiso Gymnastics Training Centre**  
**August 28-29, 2010**

The new NCCP Foundation Program focuses on developing coaches through a Technical, Theory and Discipline specific curriculum. After completing the first weekend of the foundation course (Foundations Intro), coaches will be asked to register for a second course to do the Foundations Theory and Foundations Discipline training. After taking both courses, coaches will then be “**Trained**” in Foundations and prepared to take inexperienced athletes and provide them with safe and educational training sessions. Further evaluation is required for coaches to become “**Certified**” in Gymnastics Foundations.

**Course Conductors:** Sherrie Cragg

**Course Duration:** 15 hours

**Requirements:** All participants must be sixteen (16) years of age or have completed CIT training **(No Exceptions).**

**Dates/Times**

August 28, 2010 8:30am – 12:00pm, 1:00m - 5:00pm \*  
August 29, 2010 8:30am – 12:00pm, 1:00m - 5:00pm \*

**Location:**

**Taiso Gymnastics Training Centre**  
133 First Lake Drive  
Lower Sackville, NS ph: 865-8798

\*Times may change slightly

**Cost:** \$125.00 per member (GNS members, please pay **\$100** as \$25 will be paid by GNS)  
\$150.00 per non-member.

**Course fees are to be made payable to Gymnastics Nova Scotia and must accompany your registration form. This information must be RECEIVED in the GNS office by Friday, August 20<sup>th</sup>, 2010 after which a \$25 late fee will apply.** Only those who have prepaid to the GNS office will be permitted to take the course. If there are insufficient numbers registered by **August 20<sup>th</sup>**, the course may be canceled and you will receive a full refund. **If registrants cancel before the registration deadline date (August 20<sup>th</sup>, 2010), a \$25 administrative fee will be charged and the remainder of the course fee will be refunded. If registrants cancel after the deadline date, they will not receive a refund.**

Please note that registration is on a first-come, first-serve basis!

**Application Deadline:** Friday, August 20<sup>th</sup>, 2010 \*\*

**A \$25.00 late fee will be charged after this date**

Gymnastics Nova Scotia  
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## **NCCP Foundations - Introduction Registration Form**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Phone #: \_\_\_\_\_ Fax#: \_\_\_\_\_ DOB \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
day / month / year

NCCP CC# \_\_\_\_\_ **Please note:** You would only have this number if you are involved in another sport or have taken the old Level 1 Theory course – Part A

Registration amount enclosed:

- Yes, I am a GNS Club Member (\$100 enclosed)

Club: \_\_\_\_\_ GNS Number: \_\_\_\_\_

- Yes, I am a GNS Club Member and my club will be providing a cheque for \$100.

Club: \_\_\_\_\_ GNS Number: \_\_\_\_\_

- No, I am not a GNS Club member (\$150 enclosed)

**Application Deadline:      Friday, August 20<sup>th</sup>, 2010 \*\*  
A \$25.00 late fee will be charged after this date**

**Please return with payment**

***Cheques made payable to: Gymnastics Nova Scotia***  
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