



# 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  
Web page: www.gymns.ca

## NCCP Level II Technical Artistic Women's & Men's Apparatus

### TITANS GYMNASTICS AND TRAMPOLINE CLUB

**September 4, 5, & 6th – Required 24 hours of Level 2 Course**

**Dates TBD – Women's 8 hours of Apparatus**

**Men's 8 hours of Apparatus**

Level II Technical is designed to teach coaches to train athletes for physical, technical and mental sport requirements. Upon completion of Level II, you will be prepared to provide developing competitors with the basic skills necessary for successful competition.

Level II Gymnastics helps an instructor develop the knowledge and the technical information necessary to teach the most commonly performed gymnastics skills.

#### Course Duration:

32 hours (Artistic Women's or Men's Apparatus)  
40 hours if doing both Men's and Women's Apparatus

#### Course Conductor(s)

Sherrie Cragg

#### Course Content:

- |                                    |            |                  |
|------------------------------------|------------|------------------|
| - Introduction                     | - Tumbling | - Rings          |
| - Biomechanics                     | - Beam     | - Pommels        |
| - Physical Preparation             | - Bars     | - Planning       |
| - Posture and Artistic Preparation | - Vault    | - Ethics/wrap-up |

#### Dates, Times & Location:

##### Locations:

**Titans Gymnastics and Trampoline Club 40 Broom Road, Dartmouth, NS (ph# 466-5470)**

**Saturday, September 4<sup>th</sup>, 2010** 9:00 am – 1:00 pm\*  
(Level 2 Common Part) 2:00 pm – 6:00 pm\*

**Sunday, September 5<sup>th</sup>, 2010** 9:00 am – 1:00 pm\*  
(Level 2 Common Part) 2:00 pm – 6:00 pm\*

**Monday, September 6<sup>th</sup>, 2010** 9:00 am – 1:00 pm\*  
(Level 2 Common Part) 2:00 pm – 6:00 pm\*

**TBD (Men's and Women's Apparatus) – 8 hours each – hopefully able to be scheduled later in September**

**\* Times are approximate and may change slightly**

#### Application:

**All application forms and payments must be returned to Gymnastics Nova Scotia by Wednesday, August 25<sup>th</sup>, 2010. All applications received after August 25<sup>th</sup>, 2010 will be required to pay a \$25 late fee that must be paid prior to taking the course. Other Provinces/Territories applications must be approved by their Provincial/Territorial office and submitted to the GNS office by **August 25<sup>th</sup>, 2010. Please take note that all applications will checked with provincial offices prior to final approval.****

## Course Costs:

### 2 Disciplines

**BOTH Men's and Women's Artistic Apparatus – Applicants will attend 40 hours of course instruction and receive Level 2 Technical Artistic Men's Apparatus and Women's Apparatus.**

Course fee is \$250 (for GNS members) and \$300 (for Non-GNS members) payable to Gymnastics Nova Scotia (includes Men's AND Women's NCCP Manuals and 40 hours of instruction)

### 1 Discipline

**1<sup>st</sup> Discipline – Applicants wish to receive Level 2 Technical Men's OR Women's Artistic Apparatus and HAVE NOT previously received either course**

Course fee is \$170 (for GNS members) and \$210 (for Non-GNS members) payable to Gymnastics Nova Scotia (includes Men's or Women's NCCP Manual and 32 hours of instruction)

**2<sup>nd</sup> Discipline – Applicants ALREADY HAVE the Level 2 Technical Artistic Women's OR Men's Course and wish to receive the second discipline**

Course fee is \$80 (for GNS members) and \$100 (for Non-GNS members) payable to Gymnastics Nova Scotia (includes Men's or Women's NCCP Manual and 8 hours of instruction)

**Your payment must accompany your application/registration form and must be RECEIVED by Wednesday, August 25, 2010 (late fee of \$25.00 will apply after this date).** If you are not accepted into the course you will receive a full refund. For individuals accepted into the course, refunds will be available up to **August 25, 2010**, less an administrative fee of \$25.00. **No refunds after August 25, 2010.** Course fees include manuals and all course sessions.

**GNS Members will receive a 50% rebate upon completion of the course!**

### Requirements:

All participants must be 16 years of age. They must be Gymnastics Canada members and be **FULLY CERTIFIED IN LEVEL 1**. It is strongly recommended that participants complete their **NCCP Level II Theory** prior to taking the technical course.

**If sufficient numbers of participants are not registered by August 25<sup>th</sup>, the course will be canceled and you will receive a full refund.**

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

**Gymnastics Nova Scotia,  
5516 Spring Garden Road, 4<sup>th</sup> Fl  
Halifax, NS B3J 1G6**

**Tel: (902) 425-5450, ext. 338, Fax: (902) 425-5606,**

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**NATIONAL COACHING CERTIFICATION PROGRAM  
Level II Technical Artistic**

**APPLICATION/REGISTRATION FORM**

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

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

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

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

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

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

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

NCCP Certification Status in Artistic Gymnastics:

Theory – Level \_\_\_\_\_ Technical – Level \_\_\_\_\_ Practical - Level \_\_\_\_\_

Registering For:

- \_\_\_ Level 2 Men's and Women's Apparatus (\$250) - September 4, 5, 6 & 2 dates TBD
- \_\_\_ Level 2 Women's Apparatus (\$170) – September 4, 5, 6 & 1 date TBD
- \_\_\_ Level 2 Men's Apparatus (\$170) – September 4, 5, 6 & 1 date TBD
- \_\_\_ Level 2 Men's Apparatus and already has Level 2 Womens apparatus (\$80), TBD
- \_\_\_ Level 2 Women's Apparatus and already has Level 2 Mens apparatus (\$80), TBD

Relevant Experience in Coaching

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

**This form must be completed and received with payment by Wednesday, August 25, 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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