

## **Coach In Training (CIT) Program**

The Gymnastics Canada CIT program is a one or two year program that introduces young teens to the various aspects of coaching gymnastics, and prepares them for entry into the Gymnastics Foundations component of the GCG National Coaching Certification Program when they reach the age of 16. The CIT program includes individual study, mentorship and hands-on coaching experience, under the supervision of a Tutor Coach.

Part 1/Year 1: 10 Tutorials (total 15 hours) distributed over the training year  
10 hours of in-gym coaching time with Tutor Coach  
8 hours “gymming”

Part 2/Year 2: 5 hours of in-gym coaching time with Tutor Coach  
10 hours of officiating and/or administration tasks  
7 hours “gymming”

**NOTE:** 13 year old CITs **MUST** complete the program over two full training years. 14 and 15 year old CITs have the option of completing the program in one or two training years. After successfully completing the CIT program, a 15 year old coach can be granted early entry into the Gymnastics Foundations Program.

### **Who can be a CIT?**

Anyone between the ages of 13 and 15 years who is enthusiastic, energetic and interested in learning how to coach can be a CIT. It is preferable to have had some previous or ongoing gymnastics participation at the recreational or competitive level. All CITs must be registered members with Rhythmic Gymnastics Alberta.

To obtain a copy of the **CIT Workbook and Tutor’s Guide**, please contact Katie Iafolla, RGA Program Administrator, via email [katie@rgalberta.com](mailto:katie@rgalberta.com) or (780) 427-8152.

It is essential that potential CIT participants inform the RGA of their intention to participate in the program. RGA will track the progress of the CIT and maintain a record of their status. RGA will, on request, provide proof to GCG of your course participation and completion.