



If you are a gymnast 13-15 years old, it is time to consider coaching as another aspect of the sport of gymnastics.

GYMNASTICS FOR LIFE COACHES-IN-TRAINING (CIT) MENTORSHIP PROGRAM

WHY BECOME A COACH?

- ❖ You get to share your enthusiasm for gymnastics
- ❖ It is fun and rewarding working with active young kids.
- ❖ You stay involved with all your “Friends of Gymnastics”.
- ❖ It is a well-respected professional job? You earn will you continue to learn.

WHAT DO I NEED TO DO TO BECOME A CIT?

- ❖ Take a one-day CIT training course.
- ❖ Volunteer 30 hours – one week summer camp –in a Gymnastics For All program
- ❖ Commit to a GFA class assignment for next season –assisting a GFA coach each week.

WHAT ARE THE BENEFITS OF BECOMING A CIT

1. First Step towards Coaching Certification:

- ❖ If you take the CIT program you can enter the National Coaching Certification Foundations to Gymnastics Program at 15 instead of 16.
- ❖ The NCCP F2G certification can count as a High School PE credit.

2. Mentoring Experience

- ❖ By mentoring under a club coach, you gain valuable experience and begin to see gymnastics from the eyes of the coach not the athlete.
- ❖ You learn about “giving” in the sport.
- ❖ You gain valuable training you would otherwise miss?

3. You Earn while you Learn.

- ❖ After completion of your first volunteer hours, you are employed and begin working your way up the pay scale. At 13-14yr \$6.50/hr: At 15 \$8.35: F2G’s \$9.75 right up toexperienced coach \$20-\$35/hr.
- ❖ Training workshops and courses are paid by the club. The club takes you along to all the available training workshops and conferences with their coaches at no cost to you.
- ❖ Savings of \$500-\$800 to become a certified coach.

IF INTERESTED LET US KNOW NOW!

DON'T MISS THE SUMMER CIT TRAINING WORKSHOP.

Email inquiries and interest to info@whistlerymnastics.com