

GYMNASTICS BC

**Long Term Athlete Development Model
Implementation Plan**

February 2009

BC-CS4L Gymnastics BC LTAD Implementation Plan

Introduction to BC's Gymnastics BC (GBC) LTAD Implementation

Gymnastics Canada (GCG) officially launched its Long Term Athlete Development Document at its Annual General Meeting in June 2008. Cathy Haines, Sport Consultant, LTAD Project Leader and Technical writer, made several presentations to bring the gymnastics community at NSO level up to date. Gymnastics BC received copies of the LTAD document to be distributed to its member clubs in October 2008. As of October 2008, GCG has not officially started the review of its programs and/or implementation of the LTAD.

In BC, the membership has been indirectly informed about the CS4L at presentations during our AGM or GBC Congress. However people involved in the sport - most clubs, coaches, parents or officials – have not seen the final document.

Gymnastics as a sport is well structured and well organized. Over the years, Gymnastics Canada has developed programs or has adopted well constructed Provincial Programs to meet the needs at most of the younger stages.

Active Start: GCG recently adopted the BC PCCP Course (Pre-School Coaching Program). PCCP has been offered in BC for many years as a complement to NCCP Level 1 Technical courses, which did not address the special needs of the very young participants (age 1-5). The new Active Start program will be added as a module to the Foundation courses. The Learning Facilitator Courses – Active Start – have just been offered and the courses will be available shortly to coaches in Canada.

GCG has also revamped its CANGYM program which was launched in June 2008. This program is widely used in most artistic gymnastics clubs for their recreational programs and is geared to participants of different abilities, aged 6 and older. The program is based on GCG's three philosophical pillars for all recreational and entry level competitive programs: Fun, Fitness and Fundamentals. The CANJUMP program is used in trampoline clubs for the same purpose.

Gymnastics BC developed the Kids CanMove (KCM) program in 2005 to help re-introduce gymnastics in schools as a viable option for teachers. With Teachers, Gymnastics carries the stigma of being a difficult and dangerous activity to manage. KCM was created to develop and encourage physical literacy through gymnastics based movements. It allows teachers to be confident and comfortable teaching "gymnastics" by providing them with a framework, lesson plans and, upon request, teachers in-service with a trained KCM instructor. The program is designed to use a minimum of equipment (mostly mats and benches) so it can easily be used in community centres. KCM has been updated in the summer of 2008 to include links to the LTAD. See Appendix 1 for additional statistics on the KCM program in BC. The program has recently been adopted in Alberta.

Following the province-wide success of the KCM program, GBC introduced the Youth CanMove program or ACriX, which is designed for older participants (11+ years old) and is based on developing basic movement skills while opening the door to Active Living. These circus based activities seem to reach participants who had otherwise displayed little interest in traditional sports.

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Gymnastics includes four disciplines in BC: men's artistic (MAG), women's artistic (WAG), trampoline (TG) and rhythmic gymnastics (RG). The age of participants in each stage will vary with the discipline. Generally speaking, WAG and RG will have the youngest athletes, while MAG and TG will have slightly older athletes.

In BC, there are 74 gymnastics clubs; all geographical regions of the Province have at least one gymnastics club.

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Table 1: Gymnastics in BC – Available Programs

Stages	Ages	Club Based Programs				Community / School	
		WAG	MAG	TG	RG	School Competitive Program	Schools Daycare Rec Centres
Active Start	Boys and Girls 0 – 6 years	Active Start (GCG) CANGYM (GCG)				n/a	Active Start (GCG)
Fun, Fitness and Fundamental Movement Patterns	F: 6-8 years M: 6-8/9 years	Cangym (GCG) Gymstart (GBC)	Cangym (GCG) Levels Program (GCG)	Canjump (GCG) Developmental Program (GBC) Provincial (GCG)	Recreational (BCRSGF) Pre-Comp (BCRSGF) Interclub (BCRSGF)	n/a	Kids CanMove (GBC) Youth CanMove – ACRiX (GBC)
Building the skills of gymnastics (L2T)	F: 7-9 years M: 9-10 years	Cangym (GCG) Gymstart (GBC) CPP (GCG)	Levels Program (GCG) HP Program (GCG)	Canjump (GCG) Provincial (GCG)	Interclub (BCRSGF) Provincial (BCRSGF)	Level 1-3 (School Lead Program) 10-15 yrs	
Specialization in a gym discipline (T2T)	F: 9-11 years M: 10-12 years	CPP (GCG) Pre-Novice (GCG)	Cangym (GCG) Levels Program (GCG) HP Program (GCG)	Canjump (GCG) Provincial (GCG) National (GCG)	Interclub (BCRSGF) Provincial (BCRSGF) Provincial (GCG) National Pre Novice & Novice (GCG)		
Becoming a consistent competitor (T2C)	F: 10/11-13 years M: 12-15+ years	CPP (GCG) National (GCG) La Releve (GCG)	Levels Program (GCG) HP Program (GCG) La Releve (GCG)	Provincial (GCG) National (GCG)	All the above plus National Junior (GCG)	n/a	n/a
Winning at all levels (L2W1)	F: 13/14-18+ years M: 15-18+ years	CPP (GCG) National (GCG)	Levels Program (GCG) HP Program (GCG)	Provincial (GCG) National (GCG)	All the above plus National Junior and Senior (GCG)	n/a	n/a
International Excellence and Podium Performances (L2W2)	F: 16+ years M: 18+ years	National (GCG) International (FIG)	HP Program (GCG) International (FIG)	HP Program (GCG) International (FIG)	National Senior and HP Senior (GCG) International Senior (FIG)	n/a	n/a
Gymnastics for Life – Active for Life	Any age	CANGYM (GCG); Canjump (GCG) Club based Adult Programs				n/a	n/a

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Objectives

The objectives of the LTAD Implementation Plans in BC are:

- a) inform the BC Gymnastics Community (coaches, parents, club administrators and Board members, teachers, community leaders) of the LTAD, its mandate, purpose and goals
- b) promote gymnastics as a foundation sport; raise the awareness of the public by creating clear linkages between physical literacy, physical activity, active living and health; create linkages with other PSOs to use gymnastics as a complement to their own programs to improve physical literacy
- c) work with colleges and universities to introduce the Kids CanMove to future teachers to make it the school curriculum program taught in elementary schools for children K to 7
- d) increase the number of trained coaches; increase the knowledge of coaches at the earlier stages (Active Start / FUNdamental) in order to have specialized, experienced and competent coaches at all levels
- e) provide on-going up to date sport science information to coaches involved in competitive programs from the L2T stage onward
- f) provide adequate and well adapted programs to athletes
- g) strengthen linkages with Gymnastics Canada and other partners to provide on-going support to help improve gymnastics based programs as they are being developed or reviewed, piloted and implemented.

Implementation

In order to meet the objectives, many steps will have to be taken. The following tables further develops each objectives into an action plan, indicating scope and timelines.

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a) Information - Gymnastics CS4L

Because the LTAD approach is still relatively new, most people in the gymnastics community – including coaches, clubs administrators and Board members, parents, etc. – have very little knowledge of the Canadian Sport for Life, its goals and objectives and how it is affecting the sport system in Canada and in BC.

GBC's first step must be to provide information and resources to the BC gymnastics community and raise the profile of CS4L. The goals and objectives of the CS4L, the GCG LTAD and the GBC LTAD implementation plan have to be communicated and explained.

Action Plan Information and Resources	Priority Order	Scope / Steps already taken	Timelines
Distribute to clubs the Gymnastics LTAD document to its membership	1	Member Clubs, Coaches Associate members	Nov 08
Develop an Introduction to LTAD presentation (PowerPoint)	2	For BC coaches, club administrators and Board members, parents, teachers, community leaders, etc. Reach as many people as possible across BC	Jan 09 to June 09
Provide links on the new GBC Website to the LTAD Website and other related Websites (Kids CanMove Website, for example)	3	Clubs: administrators, Board members Coaches, Officials Teachers, Parents, Associate members • Resources available on the KCM Website since 2005	Ongoing, already started

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b) Gymnastics as a Foundation Sport

The USA Gymnastics motto is: “Begin here, Go anywhere”. Gymnastics, having been identified as a Foundation sport, should use its “privileged status” to promote gymnastics as an essential tool to develop physical literacy not only in gymnastics clubs, but also in schools, community centres, etc. Physical proficiency is essential: “it gives children the tools they need to take part in physical activity, both for healthy life-long enjoyment and for sporting success and is a key component of Canada’s Long-term Athlete Development program”. (Developing Physical Literacy, A Guide for Parents of children ages 0 to 12).

GBC must also continue developing linkages with other PSOs to help supplement their programs by giving their coaches additional tools to develop basic movement skills required to increase the participants physical proficiency, giving them better chances to enjoy and eventually excel in other sports.

Action Plan Gymnastics as a Foundation Sport	Priority Order	Scope / Steps already taken	Timelines
Develop and circulate information linking health, physical literacy, physical activity and active living	1	Articles available on the GBC Website and through various means. <ul style="list-style-type: none"> • Press conferences were held in September 2008 promoting physical literacy during the gymnastics awareness week 	Ongoing, already started
Continued linkages with schools and School Boards to promote the Kids CanMove (KCM) program in Elementary schools. Develop new linkages with various organizations for younger children (early childhood education program).	1	Province Wide <ul style="list-style-type: none"> • All Elementary Schools receive information about the KCM program • Teachers In-Service available since 2005 to help teacher deliver the KCM program 	Ongoing, already started
Increase linkages with BCRPA and Local Community Groups to introduce KCM to children who have limited/no access to gymnastics clubs.	2	Province Wide <ul style="list-style-type: none"> • Membership with BCRPA • Source groups who may benefit from receiving newsletters or additional information 	Ongoing as of Jan 2009
Continued linkages with other PSOs to help supplement their programs to develop physical literacy / basic movement skills	2	Province Wide <ul style="list-style-type: none"> • Linkages already developed with Figure Skating, Soccer, Dry land training for hockey, Freestyle Ski 	Ongoing, already started

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c) Coach / Teacher Education

Educating the coaches and teachers is one the pillars if the implementation of LTAD in BC is to succeed.

Coaching / Education- Program in Bold are GBC original programs

Stage	Clubs	Schools	Recreation
Active Start	NCCP Active Start Module GBC Congress	NCCP Active Start Module	NCCP Active Start Module
FUNdamentals	NCCP Foundation GBC Congress	Kids Can Move – Teacher In-service Program	Kids Can Move NCCP Foundation
Building the Skills of Gymnastics	NCCP Courses GBC Congress Ongoing Sport Science Seminars	Kids Can Move ACRiX	Kids Can Move ACRiX
Specialization in a gym discipline	NCCP Courses GBC Congress Ongoing Sport Science Seminars	n/a	n/a
Becoming a consistent competitor	NCCP Courses GBC Congress Ongoing Sport Science Seminars	n/a	n/a
Winning at all levels	NCCP Courses GBC Congress Ongoing Sport Science Seminars	n/a	n/a
International Excellence and Podium Performances	NCCP Courses GCG Initiatives Ongoing Sport Science Seminars	n/a	n/a
Active for Life	NCCP Courses GBC Congress	n/a	NCCP Foundation

Community / School

The Kids CanMove program has proven to be a useful and effective way to deliver the gymnastics curriculum in schools. It is important that more teachers are introduced to the program so they are able to recognize its value in the development of physical literacy and learn how to maximize its impact. Discussions are currently under way with colleges to use the KCM program as part of the teachers' education curriculum.

The KCM program, presented either as is or in a slightly modified (adapted) version would also be of great benefit in the Early Childhood Education programs.

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Action Plan – Coaching Schools and Community	Priority	Scope / Steps already taken	Timelines
Increase teachers knowledge with KCM and ACRiX (YCM). Some emphasis has to be made to reach participants beyond the schools: youth leaders, instructors in community centres, daycare providers	High	Province wide (with KCM – still in the pilot stage for ACRiX) <ul style="list-style-type: none"> • In-Service training offered to teachers; trained KCM instructors will either teach teachers or be involved directly with students • KCM Website 	Ongoing, since 2005
Increase the number of KCM and ACRiX (YCM) instructors	High	Province Wide <ul style="list-style-type: none"> • Annual training of KCM instructors offered since 2005 • Increase the number of ACRiX instructors 	Ongoing, since 2005
Negotiate agreements with Colleges and University to introduce the KCM program as a means to deliver the gymnastics / physical literacy curriculum in Elementary schools – teach the future teachers	High	<ul style="list-style-type: none"> • Currently under way GBC's ultimate goal is that all elementary teachers in BC receive KCM training either through in-service or during their college education	Ongoing, since Sept 2008
Increasing the number of experienced and trained coaches for all stages of LTAD	High	Province Wide	Ongoing

Competitive Gymnastics

On the competitive side, NCCP is still the most common way to educate coaches. All Provinces will move toward the new Gymnastics Foundation Courses (CSp-Init) as of January 2009. The first Learning Facilitator Courses were offered during the 2008 summer.

In order to deliver high quality programs, participants of all ages and all level of abilities must have access to the best possible coaches. The coaches of the participants at the Active Start and Fundamental Stages are usually young and inexperienced. In order to maximize the effectiveness of the programs, coaches must be better trained and club administrators and Board members must learn to value the work of coaches involved at the beginner level. GBC is collaborating with LegaciesNow in an initiative to develop Human Resources reference material to help club Board members / Club owners better manage their employees and, hopefully, help raise the profile of these coaches and, by the same way, their professionalism.

GBC has created (or is currently creating) developmental programs for participants aged 5-10. The Gymstart Program was developed in BC for women's artistic gymnastics. This 5- level program aims at developing the participants' basic fundamental movement patterns as well as basic physical abilities (strength and flexibility). It gives young coaches some much-needed direction by providing a framework and evaluation criteria. As of 2008, the program was adopted by Newfoundland and Labrador.

The Trampoline Gymnastics Developmental program is currently being developed by BC Coaches; the goal is to pilot the program in January 2009 and to officially launch it in September 2009.

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Other mentoring opportunities (other than NCCP) are offered to coaches at a Provincial and National Level. Through the Integrated Performance System (IPS) and other GBC initiatives, sport science seminars are offered to coaches (and athletes) and at training camps held throughout the year.

The GBC Congress also offers professional development opportunities to Gymnastics for All and competitive coaches.

Action Plan – Coaching Club / Competitive Program	Priority	Scope / Steps already taken	Timelines
Develop strategies to promote professionalism of our coaches as a means to increase quality of programs and coaches retention	Med	Province Wide <ul style="list-style-type: none"> • Ongoing project, in partnership with LegaciesNow to develop Human Resources tool kit (Sept 2008) • Survey about coaches salary, benefits, etc. already in progress with BC gymnastics club (Sept 2008) • Pro-D opportunities for club administrators and coaches offered at Fall Congress on non-technical topics such as Financial Planning and Governance. 	Ongoing
Developmental Programs (for participants aged 5-10) as a means to educate coaches	High	Province Wide / Country Wide <ul style="list-style-type: none"> • Continued promotion of Developmental programs in BC and across Canada • Complete the TG developmental program, piloting (Jan 09) and implementation (Sept 09) in BC 	Ongoing
Integrated Performance System (IPS) mentoring opportunities	High	Province Wide <ul style="list-style-type: none"> • Continued mentoring opportunities for BC competitive coaches by providing seminars on Sport Science topics: medical support (athletes' physical assessment), nutrition, mental training, strength, flexibility, regeneration and recovery 	Ongoing
Introduction of Performance Technology in National + clubs	High	Specific clubs <ul style="list-style-type: none"> • In conjunction with GCG, introduce performance technologies (Dartfish) to HP clubs and eventually to Provincial level clubs 	Jan 2009

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d) Athletes

Gymnastics Canada is in charge of all competitive programs in Canada, for athletes aged 8 and up. GBC members can influence decisions and directions of the various programs through the personal implication of BC Coaches, Officials and Sport administrators on National Committees.

GBC has direct control of Developmental programs for younger athletes in the Women's program (ages 5 to 10). The young athletes are evaluated on skills and physical abilities helping to prepare them for any gymnastics disciplines as well as building their strength and flexibility – qualities that can ultimately be used in any sport. These participants are evaluated but not judged. No mark is shown and only coaches, at the end of the evaluation, receive the athlete evaluation form. Each athlete receives a certificate and Gold, Silver or Bronze ribbon – depending on their level of performance.

Trampoline Gymnastics is currently developing a similar program that will be piloted in January 2009. The program will be in effect for the 2009-2010 competitive season.

The Men's Levels Program Level 1 is similar in terms of its evaluation process – each athlete receiving a gold, silver or bronze ribbon and a certificate. However, there is no physical ability testing program for that level of participant. The testing is only mandatory for the athletes 10 years and up who are trying to compete in the High Performance program. These tests have been made mandatory by Gymnastics Canada.

Athletes involved in a developmental program only do physical ability testing during the Fall and can do 2-5 skill and physical ability testing evaluations during the competitive season (January to June).

Competitions

For all provincial gymnasts in BC, the season starts in July, after school. During the period when they have the most available time, athletes usually increase their training time, then most will reduce their training hours slightly once school starts in September. Training camps and physical ability testing sessions are held in the Fall, helping the athletes, as well as their coaches better prepare for the upcoming season. The competitive season starts at the end of January and ends in early June, before school exams. At this point, the calendar seems optimal. Provincial athletes, depending on where they live and how much traveling their club, coach and family are willing to do, can attend between 5 to 8 competitions, the busiest period being the month of March.

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Here is a list of the competitions offered to the athletes at different stages. It only includes the major competitions available.

Stages	Ages	WAG	MAG	TG	RG
Active Start	Boys and Girls 0 – 6 years	n/a			
Fun, Fitness and Fundamental Movement Patterns	F: 6-8 years M: 6-8/9 years	Developmental Programs – Evaluations			
Building the skills of gymnastics (L2T)	F: 7-9 years M: 9-10 years	Regional / Provincial	Regional / Provincial	Regional / Provincial	Regional / Provincial
Specialization in a gym discipline (T2T)	F: 9-11 years M: 10-12 years	BC Games Elite Canada	BC Games Elite Canada	Elite Canada	BC Games
Becoming a consistent competitor (L2C)	F: 10/11-13 years M: 12-15+ years	BC Games Canada Games Elite Canada Canadian Champs International Invitational	BC Games Canada Games Elite Canada Canadian Champs International Invitational	Elite Canada Indo-Pacific Champs World Age Group	BC Games Elite Canada Canadian Champs
Winning at all levels (T2C)	F: 13/14-18+ years M: 15-18+ years	Elite Canada Canadian Champs Major Games	Elite Canada Canadian Champs Major Games	Elite Canada Indo-Pacific Major Games	Elite Canada Canadian Champs

The Provincial and National calendar for national level athletes in MAG and RG follows the same schedule: training camps in the Fall and competitions starting in January and ending in June with the Canadian Championships. The Women’s national athletes have a qualifying competition in Early December (Elite Canada) and will end in June with the Canadian Championships. Only International level athletes can compete outside of this time period (World Championships are held in November, for example).

The TG program works under a different system. The technical regulations which govern Trampoline Gymnastics in Canada directly follow those set forth by the International Gymnastics Federation (FIG). The age group controls established by FIG for Inter-continental, Continental and World events allows for those athletes who will be 11 years old in the year of the competition to qualify and participate in such events.

In order for Canada to stay competitive on the world stage, it must abide by the age group controls as set forth by FIG. Young athletes must have the opportunity to develop their technical skills through properly developed programming designed especially for the younger athlete. Without this, Canadian athletes would fall short of the international standards necessary at the FIG Junior and Senior levels. Canada must continue to follow these regulations until the FIG introduces new age group controls.

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Provincial and National Stream – Stages Train 2 Compete to Learn to Win

The Provincial and National level athletes and their coaches are invited to 3 to 5 regional or provincial mentoring opportunities. Experts are brought in during training camps to work with the athletes and their coaches. Topics covered among others are: nutrition, mental training, regeneration and recovery. By starting to offer Sport Science opportunity to relatively young athletes (10 years and up), the athletes are better informed and better prepared, wherever their career takes them.

Selected National level athletes (small pool – Canada Games athletes; identified athletes in TG) are also eligible for physical assessment in the Fall.

Action Plan Sport System	Priority	Scope / Steps already taken	Timelines
Integration of BC Rhythmic into GBC "Joint Tech" Committee (along with MAG, WAG, and TG) to help bridge the gap on technical issues between the two organizations	Med	GBC - BCRSA	Jan 09
Conduct regular reviews of BC specific programs	Med to High	Province Wide <ul style="list-style-type: none"> • Programs reviewed on a yearly basis by GBC Staff and Technical Committee members • Consultation of clubs, coaches and officials done at meetings, assemblies 	Ongoing as of Jan 2009
Use of Developmental programs for athletes age 5-10, as a means to provide a non-competitive program to help teach good basics to younger athletes	High	Province Wide, now affecting other Provinces which have adopted the BC developmental WAG program <ul style="list-style-type: none"> • Programs reviewed on a yearly basis by GBC Staff, Technical Committee members and coaches at Assemblies • TG Developmental program under development, to be piloted in January 2009 and to be officially in effect as part of the TG structure as of September 2009 	Ongoing as of Jan 2009
Training Camps as a mentoring opportunity for athletes – opportunity to work with different coaches, sometimes with better equipment	High	Province Wide; some involvement from GCG for National level training camp <ul style="list-style-type: none"> • Training camps offered to Provincial Level athletes 2-4 times per year • Support regional initiatives to organize training camps 	Ongoing
Sport Science offered to athletes (and their coaches) to give them additional tools to improve their performance	High	Province Wide <ul style="list-style-type: none"> • Ongoing Sport Science opportunities offered to athletes 10 years and up at training camps or in conjunction with other GBC events • Support regional initiatives to provide Sport Science opportunities to athletes 	Ongoing as of Jan 2009

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e) Support Gymnastics Canada Initiatives

Action Plan	Priority	Scope / Steps already taken	Timelines
Conduct regular reviews of BC specific programs	Med to High	Province Wide <ul style="list-style-type: none"> • Consultation of clubs, coaches and officials done at meetings, assemblies 	Ongoing as of Jan 2009
Support and participate in the development, piloting and implementation of GCG programs for participants with disabilities	Med	Canadian Wide <ul style="list-style-type: none"> • Some very strong linkages already developed with Special Olympics, especially with RG • A new program designed for participants with disabilities is currently under work at GCG 	Ongoing
Support and participate in GCG initiatives to assess and review its Programs (all stages). Support in monitoring GCG programs	Med	Canadian Wide <ul style="list-style-type: none"> • GBC, in collaboration with GCG, conduct a Canada-wide survey to review the effectiveness of the Canadian Provincial Program (WAG competitive program for provincial level athletes (Jan 2009) • Ongoing feedback on all programs provided through BC individuals sitting on National Committees (ongoing) 	Jan 2009 and Ongoing
Development of recommendations for GCG	Med to High	<ul style="list-style-type: none"> • Individual Participation at GCG Assemblies, Pilot projects, Offered Services, partnership opportunities with existing programs 	Ongoing

GLOSSARY

CANGYM	Gymnastics Canada Recreational Program for Artistic Gymnastics (Fundamentals to L2T)
CANJUMP	Gymnastics Canada Recreational Program for Trampoline Gymnastics (Fundamentals to L2T)
CPP	Canadian Provincial Program (Women's Gymnastics) (L2T to L2C)
GBC	Gymnastics BC
GCG	Gymnastics Canada Gymnastique
IPS	Integrated Performance System
KCM	Kids CanMove Program
YCM	Youth CanMove Program – also known as ACRiX

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REFERENCES

Long Term Athlete Development
Gymnastics - The Ultimate Human Movement Experience, Gymnastics Canada

Developing Physical Literacy
A Guide for Parents of Children Ages 0 to 12, Canadian Sport Centre

Kids CanMove Program
Gymnastics BC

ACRiX - Youth CanMove Program
Gymnastics BC

CANGYM Program
Gymnastics Canada

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Appendix 1: Kids CanMove Statistics - 2005-2008

		Year 1 Funded	Year 2 Funded	Year 3 Not Funded	Totals
		2005-2006	2006-2007	2007-2008	
School based	Number of students*	30,147	12,689	4,196	47,032
	Number of teachers trained	1,497	484	219	2,200
	Number of participating schools	194	166	45	405
Gymnastics Club based	Number of field trip students	5,619	6,633	9,503	21,755
	Number of schools participating in field trips[†]	110	94	119	323
Total Activity	Total number of students	35,766	19,322	13,699	68,787
	Total number of schools	304	260	164	728
	Total number of school districts	38	25	26	N/A

* Numbers are based on returned Monitoring forms. Not all schools returned their forms.

[†]Schools may participate in the program more than once

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School Testimonials

Thank you so much for the wonderful opportunity. We loved the program and will continue to have gymnastics as a regular activity in the classroom.

~Surge Narrows Elementary School~

Thanks again, great workshop. I'd recommend the program to all elementary schools!

~Strathcona Elementary School~

First thanks for having Penny come to our school. She was terrific: she was great with each and every class and her in service was very well received by staff.

~Sandowne Elementary School~

I think the program has relaxed teachers a bit in the area of gymnastics in that it is less dependent on equipment around which teachers have, for liability reasons, become a little uncomfortable.

~Courtenay Elementary School~

Thank you so much for this very worthwhile program. I really appreciated the program and supports. It was great to have an instructor come to our school to work with both the students and the teachers. I felt more confident to teach gymnastics to my students. The students thoroughly enjoyed the instruction by the specialist; I love the idea of the resource book and look forward to implementing more into my own program next year. All in all, a 10, teacher friendly, student friendly, practical and doable...thanks again.

~Steeple Elementary School~

What a fabulous program! The students learned so much about movement in such a short time. I love that the activities can be done with little equipment, yet the students still get a good workout. Each child is challenged at their personal level. I would highly recommend Kids CanMove!

~Queen Elizabeth Elementary School~

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I love the Kids Can Move binder - very well organized and user friendly. I also enjoyed the presenters ideas and presentation to students and staff. I would definitely recommend this to educators trying to implement an effective gymnastics program. All ages - K to Gr. 7 enjoy gymnastics and every P.E. teacher should be teaching it!

~Strathcona Elementary School~

We appreciated the well organized, age appropriate activities planned for our primary students. The format of the program allowed maximum participation of students while teachers were engaged in learning how to be better at teaching gymnastics themselves. Overall, this is a great program and we highly recommend it!

~Queen Mary Elementary School~

We really appreciated the instruction from our KidsCan Move team. Teachers learned that gymnastics is far more than working on equipment. It's about body awareness, balance, co-ordination and challenging oneself. So instead of using vaults and beams, which have their place, benches and mats and even the wall can serve as wonderful sites for kids to gain new skills and confidence. We especially loved all the gymnastics games which can be played any time of the year.

Thanks for all your help and modelling and the fantastic resource binder.

~Daniel Woodward Elementary School~

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Instructor Testimonials

This is basically the single most important program happening in schools in BC right now. I realize my view may be slightly biased, but teachers are feeling overwhelmed with the expectations concerning physical activity next year. As funding for PE programs continues to get cut, and as kids increasingly spend their spare time on the computer rather than outside, a program that makes physical literacy and activity easy for teachers to do is becoming more and more relevant and important.

For me the best aspects of the program are; 1) the wealth of warm-up games there are in the resource package, and 2) how easy it is to bring two or three task cards to the gym with them so that they can have the kids spread out and try the skills. With respect to the games, teachers love them because they get the kids moving differently, very actively, and in a fun way. I can't say this strongly enough - Teachers love these games!! They're easy, active, and a lot of fun. With respect to the task cards - the teachers love these because they don't require a lot of extra time and planning. They just bring them to the gym, have the class try the skills, and they've accomplished the PLO's that are listed on the cards!! These are a big hit wherever I go.

With respect to the physical literacy that the program teaches, this is more important than ever. In a world of increasing specialization in sports early on, on the one hand, and decreasing physical activity for kids who are not participants in an organized sport on the other, the opportunity to develop basic movement skills in schools is integral to the health of our kids. Kids simply do not have an opportunity to develop basic landing skills or to learn how to 'hop, skip and jump' anymore. The KidsCanMove program empowers teachers to teach these classes and impart these movement skills in an easy and fun way.

Lastly - this program is great for elementary aged kids. In North America we are strongly oriented towards group games such as soccer, hockey, basketball and the like. Well - you can't really play basketball with 7-year olds!! Teachers who are not PE specialists often feel at a loss when it comes to gym time - the only activities they know are these group games! In fact, in some schools, they are simply having the kids run laps of the gym! KidsCanMove gives these teachers a wealth of fun activities to do with elementary aged kids - both keeping them active and teaching them something.

The biggest comments I get from teachers are the following (paraphrased):

"I thought you were going to give us a pile of lesson plans to do - but this is easy"

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"I really didn't feel comfortable with the idea of teaching gymnastics - but the games you're doing, and this version of gymnastics, is so easy to teach!"

"Why haven't I heard of this program before now?" (this last comment i get a lot - teachers love it and are blown away when they here that we've been doing this for 3 years, they ask why they haven't heard of it before)

You should see the look on their faces, when I play one of our games. They love it. A lot of teachers are honestly at a loss when it comes to gym time and what to do with kids in grade 1 - the games we've got are a gold mine - it is our absolute duty to get these out in the schools!

~Mark Friesen - former Prince George Kids CanMove Coordinator~

Kids CanMove is the ABC's of Physical Education in the elementary school. The program has proven its' success over the last 3 years promoting the "physically challenging, not skill demanding" philosophy. The resources provide a clear understanding of how important the activities of gymnastic are to everyday life skill. The practical workshops have empower teachers with the confidence they need to teach gymnastics safely and with minimal equipment. Teachers are thrilled to see a program that puts students on an equal playing field and are amazed when they see all students participate, with smiles and enthusiasm.

Adaptable to all school environments, accepting of the many differences of students, the Kids CanMove "try as you can" program encourages students to find individual success in their abilities.

Kids CanMove is one of the best investments schools can give to both teachers and students.

~Penny Erickson - former Vancouver Island Kids CanMove Coordinator, Kids CAnMove Course Conductor~

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APPENDIX 2 - STATUS OF NCCP From the CAC Website

GYMNASTICS - COMMUNITY INITIATION

#	(Original) Planned Start Date	Currently Expected Start Date	Actual Start Date	Milestone	(Original) Planned Comp. Date	Currently Expected Comp. Date	Actual Comp. Date	Status
1				Sport specific program started	2004 - Sept	2004 - Sept	2004 - Sept	Completed
2				Evaluation Development Completed	2007 - Jan		2007 - Jan	Completed
3	2007 - April	2007 - April	2007 - April	Training Development Completed	2007 - June	2007 - June	2007 - June	Completed
4	2007 - April	2007 - April	2007 - April	Piloting Evaluation & Training Completed			2007 - April	Completed
5	2007 - Aug	2007 - Aug	2007 - Aug	Master Learning Facilitator & Evaluator Training Completed	2007 - Aug	2007 - Aug	2007 - Aug	Completed
6				Conditional approval granted	2007 - Aug		2008 - March	Completed
7	2007 - Aug	2007 - Aug	2007 - Aug	Program Revisions Completed	2007 - Sept	2008 - Sept		
8	2007 - Aug	2007 - Aug	2007 - Aug	Translation Completed	2007 - Oct	2008 - Oct		
9				Optional: Additional Pilots (second language) Completed				
10	2007 - Aug	2007 - Aug	2007 - Aug	Optional: Regional LF/Evaluator Training Completed	2007 - Oct	2008 - Oct		
11				Final approval granted	2008 - Feb	2008 - Oct		

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COMMUNITY - ONGOING PARTICIPATION

#	(Original) Planned Start Date	Currently Expected Start Date	Actual Start Date	Milestone	(Original) Planned Comp. Date	Currently Expected Comp. Date	Actual Comp. Date	Status
1				Sport specific program started	2009 - April			
2				Evaluation Development Completed				
3				Training Development Completed				
4				Piloting Evaluation & Training Completed				
5				Master Learning Facilitator & Evaluator Training Completed				
6				Conditional approval granted	2010 - June			
7				Program Revisions Completed				
8				Translation Completed				
9				Optional: Additional Pilots (second language) Completed				
10				Optional: Regional LF/Evaluator Training Completed				
11				Final approval granted	2010 - Dec			

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GYMNASTICS - COMPETITION INITIATION

#	(Original) Planned Start Date	Currently Expected Start Date	Actual Start Date	Milestone	(Original) Planned Comp. Date	Currently Expected Comp. Date	Actual Comp. Date	Status
1				Sport specific program started	2008 - Dec	2008 - Dec		
2	2008 - Jan	2008 - Jan	2008 - Jan	Evaluation Development Completed	2009 - Jan	2009 - Jan		
3	2008 - Feb	2008 - Feb	2008 - Feb	Training Development Completed	2009 - March	2009 - March		
4				Piloting Evaluation & Training Completed				
5				Master Learning Facilitator & Evaluator Training Completed				
6				Conditional approval granted	2009 - June	2009 - June		
7				Program Revisions Completed				
8				Translation Completed				
9				Optional: Additional Pilots (second language) Completed				
10				Optional: Regional LF/Evaluator Training Completed				
11				Final approval granted	2009 - June	2009 - June		

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GYMNASTICS - COMPETITION DEVELOPMENT

#	(Original) Planned Start Date	Currently Expected Start Date	Actual Start Date	Milestone	(Original) Planned Comp. Date	Currently Expected Comp. Date	Actual Comp. Date	Status
1				Sport specific program started	2009 - April			
2				Evaluation Development Completed				
3				Training Development Completed				
4				Piloting Evaluation & Training Completed				
5				Master Learning Facilitator & Evaluator Training Completed				
6				Conditional approval granted	2010 - June			
7				Program Revisions Completed				
8				Translation Completed				
9				Optional: Additional Pilots (second language) Completed				
10				Optional: Regional LF/Evaluator Training Completed				
11				Final approval granted	2010 - Dec			

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GYMNASTICS COMPETITION - HIGH PERFORMANCE

#	(Original) Planned Start Date	Currently Expected Start Date	Actual Start Date	Milestone	(Original) Planned Comp. Date	Currently Expected Comp. Date	Actual Comp. Date	Status
1				Sport specific program started	2011 - Jan			
2				Evaluation Development Completed				
3				Training Development Completed				
4				Piloting Evaluation & Training Completed				
5				Master Learning Facilitator & Evaluator Training Completed				
6				Conditional approval granted	2012 - Dec			
7				Program Revisions Completed				
8				Translation Completed				
9				Optional: Additional Pilots (second language) Completed				
10				Optional: Regional LF/Evaluator Training Completed				
11				Final approval granted	2013 - June			