

## C.I.T. Training Program 2024

Welcome to The Tumble Tot Co. & Tornados Gymnastics Coaches-In-Training Program (C.I.T.). This program will run for 4 weeks in-class (2x per week) and is designed to offer potential coaches a basis in gymnastics, trampoline, camp, and birthday party coaching, while developing teaching and leadership skills that will aid them in all aspects of their future.

Class dates will be as follows from 8:30-9:30pm:

- Monday, April 29<sup>th</sup>
- Monday, May 6<sup>th</sup>
- Monday, May 13<sup>th</sup>
- Monday, May 27<sup>th</sup>
- Friday, May 3<sup>rd</sup>
- Friday, May 10<sup>th</sup>
- Friday, May 24<sup>th</sup>
- Friday, May 31<sup>st</sup>

Monday classes will be Trampoline based and run by Jennifer Lee. Jennifer has her advanced level 4 coaching diploma and has been coaching for 25 years. She has coached both Canadian and Olympic Team Members.

Friday classes will be Gymnastics based and run by Kimberly O'Malley. Kimberly is a level 2 certified, Comp 3 trained Gymnastics Coach and a Comp 1 Trampoline Coach. She has been a coach for over 25 years and has coached all levels, abilities, and ages.

Upon completion of the in-class portion of the program C.I.T.'s will be required to complete the following volunteer hours directly supervised by a minimum foundations trained coach.

- 1) 1 half day of Summer Camp (3 hrs)
- 2) 1 Tumblebug, 1 Grasshopper and 1 Hi Flyer class. (3 hrs)
- 3) 1 beginner and 1 advanced trampoline class. (2.5 hrs)
- 4) 1 Birthday Party with a senior coach (2 hrs)

For a total of 10.5 hours. A volunteer hour sheet will be provided and must be signed off on by Coach Kim. Please check with your school to see if these hours are eligible to be used for High School Volunteer Hours.

The cost of this program is \$20.00. Please send e-transfers no later than Friday, April 26<sup>th</sup>, 2024.

Thank you,

Management of The Tumble Tot Co. & Tornados Gymnastics