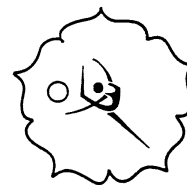


BC Rhythmic Sportive Gymnastics Federation



COMPETITION 1 (INTRODUCTION)

Consists of 2 courses which will prepare coaches to work with Performance/Inter-club and Provincial-level gymnasts:

1. **Comp 1 Theory (online)** – Coaches will complete 4 modules: Basic Mental Skills, Teaching & Learning, Designing a Basic Sport Program, and Nutrition. Coaches can register through Gymnastics BC's [Education Calendar](#).

2. **Comp 1 RG (in-person & online)** – Coaches will learn about the rules of competitive RG, explore safe and appropriate approaches for developing fitness (physical preparation), body and apparatus skills, and how to create routines (artistic preparation).

Course:	Date:	Time:	Location:
Comp 1 RG	Aug 7-9, 2026	9:00 am - 6:00 pm each day	Inspire Sports Victoria 601 Boleskine Rd Unit #2, Victoria, BC

Coaches are responsible for their own meals, travel & accommodations

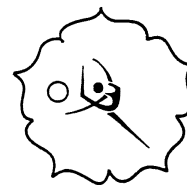
Please contact Julie Levasseur (j.levasseur0707@gmail.com) if you require assistance with accommodations.

TOTAL COURSE FEE: \$200.00 (payable to BCRSGF via cheque or e-Transfer)

e-Transfers can be sent to:
bcrsgf@rhythmicbc.com

Cheques can be mailed to:
BC Rhythmic Sportive Gymnastics Federation
268-828 West 8th Avenue,
Vancouver, BC
V5Z 1E2

BC Rhythmic Sportive Gymnastics Federation



COMPETITION 1 (INTRODUCTION)

REGISTRATION FORM

Name: _____

Date of Birth*: _____ NCCP #: _____ Club: _____

Address: _____
(Street Address) (City) (Province) (Postal Code)

Phone: _____

Email address: _____

NCCP Status*: _____

***Coaches must be minimum 16 years old and be Gymnastics Foundations Trained or Certified (RG) to receive credit for any portions of the Comp 1 course (certification in NCCP Level 1 RG will also be accepted)**

Registration Summary:

Course: **Competition 1 (Introduction) RG** X

Amount Due: **\$200.00**

REGISTRATION & PAYMENT DUE: JULY 30, 2026

Please submit completed registration forms to **Julie Levasseur** (j.levasseur0707@gmail.com) &
Sashka Gitcheva (bcrsgf@rhythmicbc.com)

FOR OFFICE USE ONLY

Date Received: _____ Amount Paid: _____