



NCCP GYMNASTICS FOUNDATIONS PROGRAM

Weekend #2 - Foundations ARTISTIC Course (1 day)

Course Information Sheet

Artistic Gymnastics

Location: **Nepean-Corona School of Gymnastics**
155 Colonnade Road South
Ottawa, ON K2E 7K1
613-224-6524

Date/Time: September 12, 2010 9:00 am – 5:00 pm

Dear Coach,

Thank you for your interest in the NCCP Foundations Artistic Course. Gymnastics Ontario is pleased to help all Ontario coaches achieve their goals through the NCCP Program.

Please remember the following when attending this course:

- Bring lunch/dinner with you as this will not be provided
 - It is recommended that all Gymnastics Ontario sanctioned events be peanut/tree nut free events. No peanuts, peanut products, or products containing traces of peanuts of tree nuts should be permitted to be brought into the gymnasiums or change rooms where Gymnastics Ontario courses are held.
- Bring a pen and paper
- Be prepared to provide your full attention and be physically active, which means:
 - No cell phones inside the gym during course instruction
 - No jewellery while inside the gym
 - Wear athletic attire as you will be asked to participate

Should you have any questions or concerns prior to your course please feel free to contact me at 416-426-7096 or via email at yuliana@ogf.com

Thanks again and I hope you enjoy your course!

Sincerely,

Yuliana Korolyova
Education Coordinator,
Gymnastics Ontario