1. **INTRODUCTION**

1.1 **PURPOSE**

The purpose of this document is to present the process and selection criteria that will be used by Gymnastics Canada (GymCan) to select the GymCan Group members for January to December 2020.

The selection criteria reflects the goals of GymCan and the GymCan Group Program which focuses on qualifying the Group to the 2020 and 2024 Olympic Games.

The GymCan group is the only senior level Group that will represent Canada at GymCan assigned FIG sanctioned international competitions, which will be considered as the National Team, and from which group gymnasts will be eligible for Sport Canada Athlete Assistance Program (AAP) carding. Any eligible gymnast who wish to be considered for National Team international group representation must attend this GymCan selection activity.

1.2 **ATHLETE ELIGIBILITY**

To be eligible for selection to the GymCan Group the athlete must:

- a) be a Canadian citizen and meet all FIG eligibility requirements under Canadian nationality;
- b) be age eligible to compete Senior in the year 2020 (born 2004 and prior);
- c) be a member in good standing with Gymnastics Canada and have no outstanding invoices owing to GymCan as of October 1, 2019;
- d) participate in the complete GymCan Group selection activity according to the final schedule distributed by GymCan, unless an exemption due to an extenuating circumstance is approved by the NTD-RG;
- e) be selected by means of the GymCan Group Selection Criteria; and
- f) once selected, sign and abide by the GymCan National Team Athlete Agreement for the GymCan Group

All the above criteria must be fulfilled for an athlete to be eligible.

1.3 **COMMITTMENT TO THE GYMCAN GROUP PROGRAM**

To be selected, the athlete must sign a statement of commitment to train and compete at the level required of a High Performance Group gymnast for the period leading to the 2020 Olympic Games, the Olympic Games, and more specifically until the 2021 selection.
1.4 SHORT TERM PERFORMANCE GOALS

The short term performance goals for the GymCan Group are:

- To create & perform two innovative & eye-catching international level compositions;
- To progressively improve “D” and “E” scores, to match international standards;
- To improve ranking at 2020 World Cups/World Challenge Cups;
- To qualify a group to the 2020 Olympic Games through Continental Championships.

LONG TERM PERFORMANCE GOALS

The long term performance goals for the GymCan Group are to:

- Continue to improve the level and performance of Canada’s group;
- Qualify to World Championships every year in the 2021-2024 cycle;
- Qualify to the 2024 Olympic Games.

2. SELECTION PROCESS

2.1 DATE AND LOCATION OF SELECTION ACTIVITY

- **STAGE 1:** October 7, 8, 9 and 10 totaling 16 hours of training
  Up to 8 gymnasts will attend Stage 2 by invitation
- **STAGE 2:** Friday October 11 (Day 1) and Saturday October 12 (Day 2)
  Location: Markham Pan Am Centre
  16 Main Street, Unionville, ON, L3R 2E4
  - **Probation period:** October 15-November 5 2019 (note, the probation period could be shortened to as little as 1 week). The length of the probation period will be communicated to all eligible athletes following Stage 2 of selection.

2.2 OVERVIEW OF SELECTION ACTIVITY

- It is important that all gymnasts have the same performance conditions throughout the selection. The Markham Pan Am Centre facility has very limited access to the training venue and for this reason the selection activity will be closed to all personal coaches, parents and other spectators. We appreciate your understanding & cooperation.
- All prospective candidates must participate fully in the selection activity (unless an exemption has been approved by the NTD-RG due to an extenuating circumstance). Gymnasts missing any portion of testing, without an approved exemption, will be disqualified from the selection activity.
  - Note, if a medical certificate from a Sport Medical Doctor or GymCan's IST Lead has been presented and approved by GymCan for a 2019 carded athlete, she will be excused from the testing and her performance results from the 2019 World Cups & World Championship competition routines will be used to determine her 2020 GymCan Group athlete ranking.
- The entire stage 2 testing sessions will be videotaped.
- Neutral adjudicators will be selected by GymCan for STAGE 2 and will be confirmed once registration has been closed:
- GymCan will supervise and ensure the selection process is followed.
2.3 PRELIMINARY SCHEDULE

STAGE 1: Monday October 7, Tuesday October 8, Wednesday October 9, Thursday October 10
16:00  Gym Arrival & Welcome
16:10 – 20:00  Group Warm-up and Training
Exchanges, collaborations and dance steps
Candidates are encouraged to observe Canada’s 2019 World group routines
with particular attention to collaborations and exchanges. Routine sections
will be rehearsed Monday & Tuesday. Routines will be introduced &
prepared Wednesday & Thursday.

STAGE 2: DAY 1 – Friday October 11, GYM
16:00  Group Warm-up, Stretching & Lines
17:30 – 20:00  Evaluation of collaborations, exchanges and dance steps

STAGE 2: DAY 2 – Saturday October 12, GYM
10:00-11:30  Warm-up
11:30-15:00  Evaluations of collaborations, exchanges and dance steps
Evaluation of routine segments

October 25 – 26 2019 (TENTATIVE)
Time TBC  Functional/Medical Assessments and Fitness Assessments

2.4 ATHLETE SELECTION TIMELINES

- Gymnastics Canada will select up to seven (7) gymnasts to the GymCan Group. The
decision of the adjudicators & National Team Director will be made within five (5) working
days of completion of STAGE 2 (October 12) and this decision will be communicated in
writing by GymCan to all participants within one (1) additional working day (October 22).
Gymnastics Canada will inform all participants of their status and individual results.
- GymCan reserves the right to select the athletes who will best contribute to the overall
Group performance and who will present the best image of Canadian Gymnastics, both in
Canada and internationally.
- The final decision on athlete selection will be made by the GymCan National Team Director
in consultation with the GymCan Group Coaches. The final authority for all decisions is
with the GymCan National Team Director.
- If seven gymnasts are selected, all seven will be carded, and will receive either SR carding, or
C1 carding, according to Sport Canada AAP criteria. The 2020 AAP Carding Criteria has
been distributed and uploaded to the GymCan webpage under RG Technical documents.
- New athletes selected to the 2020 GymCan Group will undergo up to a three week probation
period prior to being confirmed to the group program (please refer to Carding Criteria for
additional details of this requirement).
- All gymnasts selected and named to the GymCan Group will be required to participate in
additional evaluation sessions to assist in developing individualized health, physical and
mental performance enhancement programs. This will include a complete medical
examination with the GymCan National Team Physician, as well as other evaluations
conducted by health and sport science professionals who are selected by GymCan. Final
confirmation of athlete selection will be pending the results of these examinations.
• All gymnasts selected and named to the National Senior Group must sign the GymCan National Team Athlete Agreement for the GymCan Group and the AAP Carding Agreement.

• If an athlete is selected to the GymCan Group and declines to accept, it is understood that the athlete has relinquished all attachment to the GymCan Group, and will be ineligible for selection until the next GymCan Open Selection Activity.

3.0 ADDITIONAL DETAILS REGARDING GYMCAN GROUP PROGRAM

3.1 GYMNAST INFORMATION

• The GymCan Group will be the only senior level Group that is considered National Team and represents Canada internationally at Continental Championships, Pan American Games, World Championships, Olympic Games, World Cups and World Challenge Cups.

• Training for the GymCan Group will be centralized at the Markham Pan Am Centre, but may include some training sessions at other facilities in the Toronto area.

• GymCan Group gymnasts will be registered members of GymCan but will have no club or provincial affiliation.

• All GymCan Group gymnasts will pay monthly training fees to GymCan.

• The GymCan Group athletes are not permitted to train or compete as individual or Aesthetic Group Gymnastics (AGG) athletes, in any category.

• Coaches, technical experts and Integrated Support Team (IST) specialists will be contracted directly by GymCan. GymCan will coordinate specific health and sport science support services for the Group, including medical examinations, regular health status updates, functional assessment testing, nutrition education, and mental performance consulting.

• Ongoing physiotherapy and other individual health care needs will be at the discretion of the gymnast.

• GymCan will provide “Bronze level” coverage at no charge to each Group athlete through the Canadian Athlete Insurance Program (CAIP); a gymnast may choose to upgrade this coverage to the Gold or Silver level at their own expense.

3.2 PERSONAL COACH/CLUB RECOGNITION

• The personal coach/club of each of the GymCan Group carded gymnasts will be recognized by GymCan in two ways:
  - The gymnast’s named personal coach and club will be identified on the GymCan website within the athlete bio and in the Group announcement.
  - GymCan will issue a payment of $1000.00 in recognition of the work done by the personal coach to prepare the gymnast to be selected to the GymCan Group. This payment will be made to the coach’s named club in October 2020, and will be subject to final confirmation of the gymnast’s selection in the Group, and receipt by GymCan of the signed Athlete Agreement and AAP Forms, provided the athlete has remained with the group for the duration of the athlete agreement and has no outstanding invoices with GymCan.
  - In a situation where 2 coaches from different clubs have contributed significantly to the gymnast’s development, the $1000.00 payment will be divided equally between the 2 clubs.
3.3 Athlete Replacement

In the event that an athlete is removed from the Group, GymCan will determine if a replacement athlete is required and, if so, reserves the right to select a replacement athlete for the remainder of the carding cycle without conducting an open selection activity.

When a replacement athlete is required, Gymnastics Canada will review the athlete rankings from the 2020 open selection activity to identify any athletes who meet the specific needs of the Group with regard to the following criteria:
- Resident in Toronto area with accessibility to GymCan training site or, if not a Toronto resident, agrees to relocate to Toronto within 2 weeks and within close proximity to the GymCan training facilities;
- Same visual fit and physical performance qualities as existing GymCan Group members;
- Possess matching technical skills with competitive apparatus using similar form and technique as existing group members;
- Demonstrated maturity, reliability, consistency and strong work ethic in training and in Senior national level competition;
- Demonstrated recent experience in Group at a national level;
- Willing to commit immediately to GymCan Group program and begin training full routines;
- No injury issues.

Where no athletes from the 2020 open selection meet these criteria, GymCan reserves the right to identify and rank other athletes from the High Performance and National Open categories who meet the above criteria.

3.4 Training Schedule

Athletes are required to begin training with the group once acceptance has been completed. Training Sessions are held at the Markham Pan Am Centre. As this is the final year Olympic Qualification, athletes selected to the group must have flexibility to train during the day. Additional trainings according to team needs will be communicated well in advance.

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<th>Day</th>
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One additional day off per month (TBC)

Note, training schedule is tentative at this time, changes may occur.

Note: Information regarding fitness assessments & fitness training will be available at a later date.

Note: A draft calendar for October 2019 to September 2020 will be distributed once selected. A monthly calendar will be sent with updated information if necessary.
### 3.5 Participant Costs

Monthly Training Fee: $550/month starting November 1, 2019.

This training fee is payable to GymCan and is used towards a portion of coaches salary, technical and health support specialists, choreographers, costs of training facilities, and some travel.

Additional projected expenses for 2020 that are the responsibility of the gymnasts:

- Purchase of personal training apparatus (ordering of training apparatus will be coordinated by GymCan if required and gymnasts will be invoiced);
- Training attire & toe slippers, if not using Venturelli;
- Local travel to training or other identified GymCan activities;
- Athlete & coach on-site expenses at domestic events (Elite Canada, Canadian Championships, training camps);
- Individual & coach on-site expenses at international events (accommodation/meals/entry fees);
- Individual travel expenses for pre-determined domestic and international events;
- Additional medical/health support costs over and above carding benefits and medical insurance plans;
- Education, accommodation, meals and other personal expenses;
- Visa applications.

**AAP Carding funds** are intended to assist national team athletes with the expenses associated with high performance level training and competitions.

- Carded athletes who are in the final year of high school or in post-secondary education institutions are eligible for **post-secondary tuition support**.
- The maximum amount of tuition support payable per gymnast is **$5,000 per carding cycle** (i.e. per year of carding) up to a lifetime maximum of $25,000.

Gymnasts are encouraged to seek out other opportunities for funding, and will periodically receive information from GymCan on special funding programs (i.e. Quest for Gold, Petro Canada, etc.) for national team athletes. In most cases, it is the responsibility of the individual to apply for these programs. More information is available in the National Team Handbook.

Gymnasts are not encouraged to seek out individual sponsorships or endorsements. Any information related to potential sponsorships for the GymCan Group must be first provided to the GymCan National Team Director and will be referred to the GymCan CEO for follow-up.

### 4.0 Selection Criteria and Standards

**STAGE 2:** Gymnasts will be evaluated in the following areas:

#### 4.1 Collaborations & Exchanges
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**GENERAL COMMENTS**
Dance Steps Part 1: Steps will be taught during the training sessions
1. Ball routine steps
2. Hoop & Club routine steps
Steps will be evaluated on fulfilling the requirements and showing character & emotional response to music through body, apparatus & face.

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Dance Steps Part 2: Music will be played & gymnast will improvise steps
1. Steps with Ball
2. Steps with Hoop & Clubs
Steps will be evaluated on fulfilling the requirements, tempo & rhythm, character & emotional response of music through body, apparatus & face.

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Overall Impression
Overall impression will consider additional factors based on observations from adjudicators and GymCan staff that include, but are not limited to:
Each will be given an E – G - NI
- Athlete arrives on time and ready to work
- Athlete brings all required equipment and is fully prepared for selection/training activities
- Physical Ability
- Overall work ethic, initiative & drive
- Expression, musicality and connection with an audience
- Courage and risk-taking qualities
- Interactions with other athletes
- Leadership and teamwork qualities
- Demonstration of problem-solving abilities and “thinking on the feet”
- Overall fit and harmonious appearance with the rest of the group members
- Athlete’s overall health and injury status
- Interactions with adjudicators and GymCan staff
- Ability to accept feedback and respond positively and appropriately

What to wear:
- Fitted tights with full fitted top
- Hair in neat bun
- Toe slippers without holes – bring knee pads
- No jewelry

What to bring:
- Clubs – Hoop – Ball – Rope
- Water Bottle with lid
- Nutritious snacks
- Bands