

MEMORANDUM

To / À: MAG PTOs and Clubs

From / De: Tony Smith, MAG National Team Director

Date: May 19, 2017

Subject / Objet: MAG Aspire Training Camp – Tawatinaw, AB – July 30 – August 3, 2017

Gymnastics Canada is pleased to offer a MAG Aspire Camp in Tawatinaw, AB from July 30 to August 3, 2017. Registration for this camp will be by invite and video application.

The following 25 athletes are invited to attend the camp, additional athletes will be selected based on the application process outlined below, up to a total of 30 athletes. **All athletes and coaches are asked to submit the attached registration form by Friday, June 9, 2017.** This camp will continue to work on the elements worked on in the November camp as well as compulsory routines.

INVITED ATHLETES:

Victor Canuel	Jordan Carroll	Toby Cairns
Samuel Rakita	Evan Fedder	Aiden Li
Xavier Olasz	Matthew Brown	Kai Iwassa
Botond Remias	Benoit Trembley	Rayan Radkov
Grayson Vander Muelen	Noah Royer	Mathys Jalbot
Matteo Bardana	Patrick Talbot	Hudson Miller
Bryce Abrenica	Emanuel Gutierrez-Sandoval	Davy Bosschmann
Mattias Radke	Justin Thompson	
Brody Benson	Ethan Ikeda	

WHEN: July 30 – August 3, 2017

WHERE: Pine Valley Gym Centre
Tawatinaw, AB
<http://pinevalleygymcentre.com/>

COST: \$555 per gymnast (4 night accommodation)
\$210 per 1st coach (4 night accommodation)
\$400 additional coach

HOTEL: Pine Valley Resort – The Lodge
Tawatinaw, AB
<http://www.pvralberta.com/the-lodge/>

Athletes are responsible for transportation to and from Tawatinaw (closest airport Edmonton International). Registration fee will include your t-shirt, accommodation (on a cost-share with 4 athletes per room) plus breakfast, lunch and dinner. Coaches will be assigned rooms (2 coaches per room).

Each club is invited to send one coach with their invited gymnasts. Clubs have the option of sending one to two additional coaches at their own expense as outlined above. Gymnastics Canada is covering the onsite expenses of the invited coach which includes the costs of apparatus experts, meals, special activities and speakers.

Video Application Process

Only athletes who are preparing to compete Elite 3 or Elite 4 will be eligible to apply.

Please submit a video link to Kristen Leblanc (Lawson) klawson@gymcan.org, as well as a copy of the registration form by Friday, June 9, 2017.

Please send all videos in one link. We will not accept several links for one gymnast. All videos should be combined into one for each athlete. The videos will be reviewed by both Markos Baikas and Tony Smith following the deadline and the invitees will be contacted after the selection process is complete.

Provisional Schedule

	Training Time	Training Program
Sun. July 30		Arrival of athletes / coaches
	17:00-21:00	Training / Meeting
Mon. July 31	8:00	Breakfast
	9:00 – 12:15	Training
	12:30	Lunch
	15:30 – 18:30	Training
	19:00	Dinner
	19:30	Evening Activity
Tues. Aug. 1	8:00	Breakfast
	9:00 – 12:15	Training
	12:30	Lunch
	15:30 – 18:30	Training
	19:00	Dinner
	19:30	Evening Activity
Wed. Aug. 2	8:00	Breakfast
	9:00 – 12:15	Training
	12:30	Lunch
	15:30 – 18:30	Training
	19:00	Dinner
	19:30	Evening Activity
Thurs. Aug. 3		Departure athletes / coaches

The Aspire Program

The MAG Aspire Program is a component of the Canadian MAG system for the long term elite development of our upcoming athletes and coaches. The program first began in 2014 and will be further developed in 2016-2020.

These camps will focus on specific technical development for basics leading towards more advanced skills on all events, along with sessions related to physical development, psychology, injury prevention, nutrition, artistic development and coach technical sessions. Gymnastics Canada will identify expert coaches who will be assigned at each apparatus, and where possible will be consistent from camp to camp. Though technical development of the athletes is one of the goals of the All Star camp program, the camps are also meant to be coach centric. Developing athlete AND coach competencies will enhance the daily training environment in the gyms across Canada, which is essential to long term development.

Next Camp (Tentative):

November 2-4, 2017 – Montreal, QC