Women's Provincial Program

Levels 4 - 5	Levels 5 - 8	Levels 6 - 8+
14 – 16 hours/week	16 – 20 hours/week	20 -24 hours/week

Program Goal: To develop athletes, who work hard, can manage their commitment, love the sport of gymnastics, and strive to reach a higher level of gymnastics. The program aims to have all athletes qualify for Ontario Championships and attend competitions such as Tour Selection, Eastern Canadian Championships, Canada Winter Games, etc. (when age and level corresponds).

Expectations:

- Attendance at practice
- Punctuality
- Meet summer training commitment
- Strong work ethic and focus
- Attention towards drills, routines, skill development, conditioning and stretching
- Notification of absences or lateness
- Minimum overall score 36+ at two or more competitions

Summer Training:

- Most important skill development time of year.
- 7 weeks of available training
- Minimum Commitment:
  - New Provincial Team Members: 5 weeks
  - Provincial Team Members: 6 weeks
- Those 14+ looking to make tour need to train in August.

Daytime Training:

2019-2020

- Monday's 2:00pm – 7:00pm
- Thursday or Friday depending on group 12:00pm – 4:00pm

2020-2021

- Three daytime training days

Competitions:

- Minimum:
  - 3 Competitions/year
  - 1 Invitational Internationally
- Possibility:
  - Provincial Championships
  - Eastern Championships
  - Tour Selection (14+)

Level Selection:

- Determined by coaches
- Deadline for selection: August 1st
- Based on:
  - Safely being able to perform skills repeatedly
  - Scores from last season
  - Physical strength
  - Commitment
  - Work ethic
  - Training attitude
  - Attainability over the season
  - Success and confidence of the athlete

Coaching Structure:

- Team coaching: Andrea, Nickey, Christina, and Mike.
- Rotating between coaches to events
- One to three coaches will attend competitions

Is this program right for you?

- Does the family want to increase their commitment level and look to performing in a higher level of gymnastics?
- Do the athlete and parents understand the commitment; it will involve more time in the gym, more challenging skills, more conditioning/strength development, scheduling changes and more focus? Do they understand that there will be additional expectations?
- Do parents, athlete and coaches have open communication, are questions asked, are we aware of absences and can we talk about any challenges as soon as they happen?