



WOMEN'S ARTISTIC GYMNASTICS

SELECTION PROCESS FOR THE WOMEN'S SENIOR, JUNIOR AND YOUTH NATIONAL TEAMS FOR THE PERIOD OF JULY 1, 2014 TO JUNE 30, 2015 (Based on results from competitions in 2013-2014)

1.0 NATIONAL TEAM ATHLETE

National Team (NT) status is provided to athletes in the three High Performance categories: HP Novice (Youth National Team), Junior and Senior. Recognition as a NT athlete or coach is conditional to the athlete and her coaches signing and observing the respective NT Agreement.

The advantages of NT status increase progressively from the Youth to the Senior Team and include, but is not limited to:

- club visitations by the National Team Director (funded or self-funded)
- support by the National Team Director upon request of athlete or as identified by NTD
- invitation to training camps (funded or self-funded)
- eligibility for international assignments on behalf of Canada (funded or self-funded)
- NT clothing (complimentary or at own expense)
- membership on the NTSC for the coaches of any NT athlete
- possibility to use NT status for local, regional and provincial promotion, sponsorship and funding

Obligations - The NT athlete must:

- i) know and be committed to the WAG program objectives;
- ii) demonstrate on an ongoing basis the determination and commitment to hard work, stability and consistency expected of a NT athlete;

- iii) train at least 24 hours per week if competing in the HP Novice category and between 24 and 30 hours a week if competing in the Junior or Senior category. A Junior or Senior athlete needs 24 hours per week of training on the four main apparatus and needs the additional hours for work in the following areas:
 - dance and choreography
 - beam
 - physical preparation
 - trampoline;
- iv) follow the annual training/competition plan developed by her personal coaches and the National Team Director. Complete the report/monitoring form implemented by the National Team Director and return it as per the deadline. Attend to all requests from the National Team Director as soon as possible and in the best possible manner;
- v) be available and attend all the WAG NT activities to the best of her abilities and follow the specific training plan or team preparation plan at camps, visitations, cluster trainings or the like;
- vi) compete at Elite Canada and the Canadian Championships unless ill, injured or exempted;
- vii) improve her physical ability results when required (according to the Canadian Physical Ability Program) on a regular basis and maintain a physical condition in line with the status of NT athlete;
- viii) improve the quality of her technique and execution on a continuous basis;
- ix) increase her D and E scores on each apparatus on a continuous basis;
- x) continually increase her % of efficiency, stability and consistency on each apparatus as directed by the National Team Director in conjunction with personal coaches
- xi) perform successfully at international competitions when representing Canada;
- xii) be accountable for her results at international competitions when representing Canada;
- xiii) behave according to the GCG and WAG Code of Ethics, Code of Conduct and Harassment Policy;
- xiv) behave according to the FIG, Sport Canada, COC, CCES and GCG/WAG policies, regulations and directives;
- xv) behave in a respectful manner with other team members or personnel at GCG activities;
- xvi) be an excellent ambassador of Canadian gymnastics inside the country and abroad;
- xvii) register with the Canadian Sport Centre of her province of residence and access services and programs in accordance with the needs as additional support for athlete development;
- xviii) actively participate in all integrated support initiatives offered for the WAG program in regards to sport science and medical support;
- xix) actively participate in all monitoring and testing programs;
- xx) accept responsibility for personal performances and be aware that all assignments are contingent on the athlete being able to meet the objectives of the events;
- xxi) if carded, access additional training/development, such as ballet, physical preparation experts or the like as recommended and discussed with the National Team Director;
- xxii) if carded, attend self funded or cost shared activities when requested;
- xxiii) submit an annual training/competition plan by October 1st of each year;
- xxiv) participate in annual functional assessment programs when required. Any fees not covered under the GCG IST program will be at the expense of the athlete;
- xxv) be prepared to self fund activities in the event that the NT budget cannot support the activities necessary for preparation or at the request of the National Team Director;
- xxvi) contact the National Team Director when considering a change of club.

Obligations - Each coach of a NT athlete must:

- i) provide the training program and training environment and guidance to his/her athletes in order for the athlete(s) to meet the obligations stated above;
- ii) test the physical ability level of his/her NT athlete as required
- iii) assist the National Team Director in the monitoring of the athlete's training and competition plan. Return all requested monitoring information, video requests or other information to the National Team Director when requested. Attend to all requests from the National Team Director as soon as possible and in the best possible manner;
- iv) be accountable for the results of his/her athletes and be willing to make necessary program changes if requested;
- v) have or be:
 - the knowledge of and commitment to the WAG program direction, goals, objectives, strategies and programs;
 - the willingness to follow the Canadian Program and the Plan for the training camps and team preparation camps as set by the National Team Director;
 - the willingness to be a team player when assigned to an international competition on behalf of Canada, i.e.:
 - . to work with, assist and support all team members (athletes and other team personnel) as necessary or requested by the National Team Director
 - . to consider the interest of all athletes and coaches on the team in his/her decisions
 - . to contribute to strong team spirit and cohesion
 - the willingness, when assigned to an international competition on behalf of Canada to:
 - . coach athletes other than his/her own;
 - . spot team athletes on all apparatus in the case of a male coach;
 - . perform the tasks of team head coach and team manager if assigned.
 - . be a productive and contributing member of the contingent at events
 - be available to attend and participate in visitations, cluster training sessions or the like
- vi) behave according to the GCG and WAG Code of Ethics, Code of Conduct and Harassment Policy;
- vii) behave according to the FIG, Sport Canada, COC, CCES and GCG/WAG policies, regulations and directives;
- viii) behave according to FIG, Sport Canada, COC, CCES and GCG/WAG Code of Ethics and Code of Conduct, policies, regulations and directives, conduct unbecoming of a team member may require removal of the coach or athlete from the activity at his/her expense
- ix) will behave in a respectful manner with other team members or personnel at GCG activities;
- x) be an excellent ambassador of Canadian gymnastics inside the country and abroad;
- xi) **inform the National Team Director IMMEDIATELY if his/her NT athlete(s) is(are) injured at any time and will provide the following information:**
 - **date when the injury occurred or the illness started;**
 - **means taken to have the injury evaluated by a physician;**
 - **detailed nature of the injury (document by physician) or illness if training is interrupted for more than five days;**
 - **ability to pursue full training and to compete (all apparatus/some apparatus), as recommended by the physician;**
 - **recommendation regarding pursuing training and ability to compete as scheduled;**
 - **rehabilitation measures;**
 - **expected recovery timelines including return to complete training.**

The club of a National Team athlete and coach must:

- i) provide the resources necessary for its athlete(s) and coach(es) to have the training program and training environment conducive to meeting the obligations stated above;
- ii) maintain a network of medical, paramedical and sport sciences practitioners acceptable for NT athletes;
- iii) be accountable for the behaviour of its NT athlete(s) and coach(es) at international competitions while representing Canada;
- iv) have the knowledge of and commitment to the WAG Program direction, goals, objectives, strategies and programs;
- v) have the willingness to support the Canadian Program and the plan for the training or team preparation camps, visitations and cluster trainings as set by the National Team Director;
- vi) authorize a minimum of one coach to accompany his/her athlete at international competitions on behalf of Canada when requested;
- vii) help its athlete(s) and coach(es) meet these obligations to the best of its ability;
- viii) ensure that its athletes and coaches behave according to the GCG and WAG Code of Ethics, Code of Conduct and Harassment Policy;
- ix) ensure that its athletes and coaches behave according to the FIG, Sport Canada, COC, CCES and GCG/WAG policies, regulations and directives;

2.0 PHYSICAL ABILITY EVALUATION

The program is currently under review.

An athlete with an excellent level of physical ability will likely reduce the potential for injury and will overcome more easily the problems related to growth common among young teenage gymnasts (12 to 16 years old). It will facilitate the learning of new and more difficult skills which are necessary to obtain higher D scores, to be able to compete such vaults/routines and to obtain excellent E scores.

3.0 SELECTION OF ATHLETES

An athlete is eligible for National Team status if:

- she is a High Performance athlete; no National Novice athlete will be eligible for NT status, but may be placed on a “watch list” for future consideration;
- she competed in the Apparatus Competition at Elite Canada and the Canadian Championships, for the Youth Team, unless ill or injured in which case a medical certificate is required;
- she is available and committed to take part in the NT program for the next 8 months;
- she has signed and returned the four forms in appendix by **July 15, 2014** . **Incomplete forms will be returned to the club.**

In general and at the discretion of the National Team Director, athletes from the HP lists will only be considered for NT status after showing stability and consistency in the D and E scores at a minimum of two domestic events.

The number of athletes on each National Team will vary from time to time based on:

- the need to identify and recognize talent;
- the depth of ability and potential longevity to represent Canada;
- the needs in terms of assistance and services;
- the financial limitations of the WAG program.

The list will be published at least following the Canadian Championships and Elite Canada.

The status of National Team member is given to athletes who have demonstrated the COMMITMENT and the ABILITY (Senior & Junior), or the COMMITMENT and POTENTIAL (Junior & Youth), to:

- excel at the international level;
- provide a significant contribution toward the achievement of the WAG Program performance objectives;
- meet the obligations stated above.

The status of National Team athlete is normally valid for the period stated on the list. However, athletes may from time to time be removed or added to the NT list according the process stated below in this document.

To receive Youth, Junior or Senior (if not carded) National Team status, an athlete must obtain very good results (for her year of birth) at a minimum of two national level competitions in a row (EC/CC or CC/EC), have shown regular improvement in her D, E and final scores in the last 12 months and:

- be considered as having the talent, dedication and environment to reach Senior National Team status in case of a Novice or Junior athlete;
- have demonstrated the ability to perform well on the international scene in case of a Senior National Team member.

Having better results than younger aged athletes is not sufficient to be considered for National Team status. In case on injury, a NT athlete may see her status renewed even if she has missed Elite Canada or the Canadian Championships

An exception may be made for special circumstances by the National Team Director.

The status may be withdrawn, suspended, placed on hold or the athlete placed on probation, by the National Team Director at any time if the athlete:

- is no longer eligible or is no longer carded;
- leaves the National Team program to join an education institution in the USA
- is no longer performing at the level or training in the environment which warranted selection on the National Team;
- changes clubs or if is no longer coached by her usual NT coaches;
- is no longer meeting some of the obligations stated above;
- does not abide by:
 - a) the GCG and WAG Code of Ethics, Code of Conduct and Harassment Policy;
 - b) the FIG, Sport Canada, COC, CCES and GCG/WAG policies, regulations and directives.

The process which may lead to an athlete being placed on probation or the status of NT member withdrawn may include the following steps:

- a discussion with the athlete and her coaches;
- a letter sent by the National Team Director to the athlete and her coaches stating issues or concerns including the rationale for such evaluation, the expected improvements and the final evaluation process;
- a final evaluation conducted by the National Team Director according to terms set;
- the final findings and consequences communicated by the National Team Director to the athlete and her coaches in writing.

Depending on the nature of the problem or failure, it is not mandatory for the National Team Director to follow every step.

3.1 SENIOR NATIONAL TEAM

The Senior National Team members are selected by a process which takes the following criteria under consideration:

- carded athlete status as of July 1st;
- athletes selected by the National Team Director at her discretion. Consideration will be given to but is not limited to:
 - a) athletes who were injured, ill or assigned by GCG to an international competition at the time of Elite Canada or the Canadian Championships.
 - b) an athlete who has demonstrated the ability to rank among the best in the world on one or two apparatus even if her All-Around ranking is low.
 - c) participation at camps, cluster trainings and international competitions.

The number of Senior National Team athletes will normally be between 10 and 13 athletes. A carded athlete may not be identified as a NT member if she does not meet enough of the obligations stated above.

Priority of Athletes

Priorities are in effect for the Junior and Senior categories only. They will be determined by the National Team Director assisted by the Program Director or Profile 1 Brevet Judge(s).

A Priority 1 athlete will be assigned to more competitions, more funded competitions and higher profile competitions than a Priority 2 status. The same applies to Priority 2 compared to 3 and to Priority 3 compared to Profile 4. Athletes may move between priority levels and are expected to reach Priority 1 or 2 in the next six months unless injured.

An athlete will receive a priority according to the following criteria:

- her competition results in the last 12 months but most importantly in the last six months: her D Scores (content), E scores (technique and execution), finals scores;
- demonstrated improvement in the last six months: D scores, E scores, technique, physical condition including flexibility and artistic preparation as determined by the National Team Director;
- demonstrated ability to excel in Canada but mostly internationally in the last 12 months;
- projected success on the international scene in the next 12 months as determined by the National Team Director;
- projected contribution to the success of the achievement of the performance objectives of the Canadian team in the next six months as determined by the National Team Director who will evaluate the ability of an athlete to be on the team for the upcoming regional, continental or world championships or for the major Games.

Priority 1: athlete who:

- is excellent according to the criteria mentioned above;
- is ranked regularly among the top 3 places All-Around or on two apparatus at Elite Canada, Canadian Championships, Trials and Selection Activities in the 12 preceding months; and
- has won medals at important international competitions for her category;
- if Senior, has ranked in top 16 at world championships.

Priority 2: athlete who:

- is very good according to the criteria mentioned above;
- is ranked regularly in 4th or 5th place - and occasionally in top 3 - All-Around or on two apparatus during the period and for the domestic competitions stated in Priority 1; and
- is ranked regularly in the top 8 places at important international competitions and occasionally in the top 3;
- if Senior, has been selected on the team at recent regional, continental or World Championships or major games

Priority 3: athlete who:

- is very good according to the criteria mentioned above;
- is who ranked regularly in 6th or 7th place - and occasionally in top 5 - All-Around or top 8 on two apparatus during the period and for the domestic competitions stated in Priority 1;
- is ranked regularly in the top 12 places at important international competitions and occasionally in the top 8.

Priority 4: remaining athletes. This profile may include an athlete who:

- received NT status recently but has little to no recent international competition experience;
- has ranked very well occasionally but not regularly at domestic or international competitions;
- has missed two of Elite Canada or Canadian Championships in the last 18 months and has little competition results (domestic or foreign) on which to allocate a priority;
- was successful in the recent past and is currently injured and cannot compete internationally for at least three months;
- was very successful in the past but has been injured for several months and did not compete.

National Team status or carded athlete status alone does not provide the athlete with an advantage for selection to international competitions. It does not guarantee an athlete an assignment to a multi-games, world championships or high profile competition.

3.2 JUNIOR NATIONAL TEAM

The Junior National Team members are selected as follows (provided that they meet the eligibility criteria):

- athletes ranked in the top 4 All-Around in the All-Around Final at the Canadian Championships 2014 and at Elite Canada 2014 (at both competitions);
- athletes ranked in the top 4 absolute - including all athletes - in the point system described below;
- at the discretion of the National Team Director, including an athlete who is one of the best for her age on one apparatus compared to international standards even if her All-Around ranking is low.

An athlete who earned points at Elite Canada but chose not to be in the HP Program is not listed. Her points are transferred to the next ranking athlete. The name of an athlete who retired from the HP Program during the gymnastic year is deleted from the NT ranking list. Her points are NOT transferred to the next ranking athlete.

Point System (refer to the calculation method below):

Athletes born in 1999 will receive 75% of the points they earned for the first two criteria for Elite Canada and Canadians 2014.

Apparatus Competition: 55%

Elite Canada

All Around Final	12.5%	based on the AA rankings
Apparatus Finals	12.5%	based on the AF rankings, 3.125% per apparatus

Canadian Championships

Qualification	7.5%	based on the AA rankings
All Around Final	7.5%	based on the AA rankings
Apparatus Final	15%	based on the AF rankings, 3.75% per apparatus

Canadian D Scores 25%

Elite Canada

All Around Final (sum of best THREE)	5%
Apparatus Finals (sum of all D scores)	5%

Canadian Championships

Qualification (sum of best THREE)	5%
All Around (sum of best THREE)	5%
Apparatus Finals (sum of all D scores)	5%

Assessment by National Team Director:**20%**

- i) excellent results at GCG assigned international competitions
- ii) likelihood to be carded by Sport Canada next year or in two years
- iii) age (younger is better)
- iv) results of physical ability competition at Canadians (when program is in place)
- v) quality of technique and execution
- vi) apparatus rankings at the Elite Canada and Canadian Championships under consideration
- vii) rank in the point system
- viii) preparedness and evaluation at recent camps, visitations or activities
- ix) loss of points due to an absence from Elite Canada or the Canadian Championships due to an injury, illness or international assignment by GCG.

Excellent physical preparation as well as excellent technique and execution of the basic and advanced elements are two essential factors toward ensuring that a Junior athlete will become a one of the best Seniors in Canada. Artistic preparation, stability and consistency and an understanding of the transition to the “compete to win” phase of development are necessary components for success at the Senior level.

The NTD has no obligation to give the maximum number of points to her first choice athlete.

3.3 YOUTH NATIONAL TEAM

The Youth National Team members are selected as follows (provided that they meet the eligibility criteria):

- athletes ranked in the top 4 All-Around (adding the totals of both days) in the Novice category at the Canadian Championships 2014 and at Elite Canada 2014 (AT BOTH);
- athletes ranked in the top 4 of the point system described below;
- at the discretion of the National Team Director.

An athlete who earned points at Elite Canada but chose not to be in the HP Program is not listed. Her points are transferred to the next ranking athlete. The name of an athlete who retired from the HP Program during the gymnastic year is deleted from the NT point system. Her points are NOT transferred to the next athlete.

Point System (refer to the calculation method below):

Athletes born in 2001 will receive 75% of the points.

Apparatus Competition:**80%**

Elite Canada

All Around (day 1)	20%	based on the AA rankings
All Around (day 2)	20%	based on the AA rankings

Canadian Championships

Team Competition	10%	based on the AA rankings
HP Novice (day 2)	10%	based on the AA rankings
HP Novice (day 2)	20%	based on HP Novice rankings, 5% per apparatus

Assessment by National Team Director:**20%**

- i) quality of technique and execution of basics
- ii) likelihood to be a Junior NT member next year or in two years
- iii) age (younger is better)
- iv) results of physical ability competition at Canadians (when program is in place)
- v) apparatus rankings at the Elite Canada and Canadian Championships under consideration
- vi) excellent results at GCG assigned international competitions
- vii) rank in the point system
- viii) loss of points due to an absence from Elite Canada or the Canadian Championships due to an injury, illness or international assignment by GCG.
- ix) Excellent physical preparation as well as excellent technique and execution of the basic elements are two essential factors toward ensuring that a Novice athlete will become one of the best Seniors in Canada. Artistic preparation and strategic planning of an athlete program will support the transition to the Junior HP program.

The NTD has no obligation to give the maximum number of points to her first choice athlete.

3.4 **CALCULATION METHOD**

Athletes are ranked according to each criterion. The top 8 or top 10 will receive points based on the respective weight of the criterion.

RANK	POINTS AWARDED BASED ON RANKINGS OF 8 ATHLETES									POINTS AWARDED BASED ON RANKING OF 10 ATHLETES	
	%	1.25%	3.125%	3.75%	5%	10%	7.5%	12.5%	15%	20%	20% NTD pts
1	1.000	2.5 pts	3 pts	4 pts	8 pts	6 pts	10 pts	12 pts	16 pts	20 pts	20 pts
2	0.875	2.1875	2.625	3.5	7	5.25	8.75	10.5	14	18	18
3	0.750	1.8750	2.250	3.0	6	4.50	7.50	9.0	12	16	16
4	0.625	1.5625	1.875	2.5	5	3.75	6.25	7.5	10	14	14
5	0.500	1.2500	1.500	2.0	4	3.00	5.00	6.0	8	12	12
6	0.375	0.9375	1.125	1.5	3	2.25	3.75	4.5	6	10	10
7	0.250	0.6250	0.750	1.0	2	1.50	2.50	3.0	4	8	8
8	0.125	0.3125	0.375	0.5	1	0.75	1.25	1.5	2	6	6
9											4
10											2

Tied athletes will each receive the points associated with their rank.

4.0 **CONFIRMATION OF THE NATIONAL TEAM STATUS**

The NT status is conditional to the application and commitment forms arriving at the GCG office by the set deadline.

**APPLICATION AND COMMITMENT FORM FOR ATHLETE NATIONAL TEAM STATUS
FOR FROM JULY 1, 2014 TO JUNE 30, 2015**

Original document to be received by email at the National Office by the date stated in the covering memo.

ATHLETE SECTION

I, _____ declare that:
(Name of Athlete in Passport)

- a) I am interested in being selected to the National _____ Team.
Youth, Junior or Senior
- b) I will compete in a High Performance category during the gymnastics season.
- c) I have read, I understand and I accept the obligations, conditions, rules and terms set in the National Team Selection Process.
- d) Obligations:
 - i) I know and I am committed to the WAG Program objectives;
 - ii) I will demonstrate on an ongoing basis the determination and commitment to hard work expected of a NT athlete;
 - iii) I am expected to train 24 hours per week if competing in the Novice category and between 24 and 30 hours per week if competing in the Junior or Senior category;
 - iv) I will follow the annual training/competition plan developed by my personal coaches and the National Team Director or designate;
 - v) To the best of my ability, I will attend all the WAG NT activities and follow the specific training plan or team preparation plan at camps, visitations or other events I am required to attend;
 - vi) I will compete at Elite Canada and the Canadian Championships unless ill or injured;
 - vii) I will continue to improve my physical and artistic preparation on a regular basis in line with the status of NT athlete;
 - viii) I will increase my D and E scores on each apparatus on a continuous basis;
 - ix) I will continually increase my consistency and stability on each apparatus as directed by the National Team Director and my coaches;
 - x) I will access all services offered by GCG and my Canadian Sport Centre in order to contribute significantly to the WAG program reaching its performance objectives;

- x) I will do my very best to prepare for and perform successfully at international competitions when representing Canada;
 - xii) I am accountable for my results at international competitions when representing Canada;
 - xiii) I will behave according to the GCG and WAG Code of Ethics, Code of Conduct and Harassment Policy;
 - xiv) I will behave according to the FIG, Sport Canada, COC, CCES and GCG/WAG policies, regulations and directives;
 - xv) I will behave in a respectful manner with other team members or personnel at GCG activities;
 - xvi) I will be an excellent ambassador of Canadian gymnastics inside the country and abroad;
 - xvii) I will contact the National Team Director when considering a change of club to discuss the matter with him/her before making a decision.
- e) I understand that my status as a National Team athlete may be reviewed and possibly withdrawn by the National Team Director, or I may be placed on probation, or I may be ineligible for participation to and/or funding for GCG/WAG program activities at any time if:
- I am no longer eligible;
 - I am no longer performing at the level or in the environment which warranted inclusion on the National Team;
 - I change clubs or I am no longer coached by my usual NT coaches;
 - I fail to meet some of the obligations stated in the agreement to an extent deemed unacceptable by the National Team Director;
 - I do not abide by:
 - a) the GCG and WAG Code of Ethics, Code of Conduct and Harassment Policy;
 - b) the FIG, Sport Canada, COC, CCES and GCG/WAG policies, regulations and directives.
- f) I understand that I may be subject to one or many of the disciplinary measures stated in 5.12 if I fail to abide by one or many of the Specific Women's Artistic Gymnastics Team Policies, Regulations, Directives and Procedures stated in 5.11.
- g) I have reviewed the Doping Free Sport Materials section of the CCES website (www.cces.ca).
- h) I have viewed and I understand the process of doping control as outlined in the video produced by the CCES.

My coaches are, in priority order (provide a priority for each coach):

_____ Print Name _____ Print Name

_____ Print Name _____ Print Name

Athlete's home address _____
 _____ Number Street Apt.

_____ City Province Postal Code

If different than the home address, provide information on the address you stay at for the majority of the year.

Athlete's secondary address _____
 _____ Number Street Apt.

_____ City Province Postal Code

Personal (not parents) E-mail address: _____

Cell Phone Number: _____

I work with or I am treated by the following specialists (family physician, specialist physician, other medical practitioner including chiropractor, physiotherapist, athletic therapist, massage therapist, other therapist, nutritionist, sport psychologist, biomechanics or fitness expert, other sport science specialists, choreographer, dance teacher, etc):

_____ Name (Print) Specialty(ies) City Bus Phone #

_____ Name (Print) Specialty(ies) City Bus Phone #

_____ Name (Print) Specialty(ies) City Bus Phone #

_____ Name (Print) Specialty(ies) City Bus Phone #

_____ Name (Print) Specialty(ies) City Bus Phone #

- A copy of the data/picture pages of my travelling passport is attached.
- My passport is valid until _____
- I do not have a passport but will secure one in the next four weeks.
- I hold a valid Nexus card. I will secure one within the next 8 weeks if I do not have one.
- A copy of pages 24 to 28 (**SPECIFIC WOMEN'S ARTISTIC GYMNASTICS TEAM POLICIES, REGULATIONS, DIRECTIVES AND PROCEDURES**) is attached to my Athlete Application and Commitment Form.
- I have attached a signed copy of the Waiver form.
- I give permission to GCG to use my picture on its website, in GCG promotion documents and as requested by competition organizers.

I certify that the above information is complete and accurate.

Signature of Athlete

Signature of Parent/Legal Guardian

Date

PARENTS SECTION

Father:

name (print)

home phone number

cell phone number
(if not work)

e-mail address(es)

Mother:

name (print)

home phone number

cell phone number
(if not work)

e-mail address(es)

I have read, I understand and I accept the obligations, conditions, rules and terms set in the National Team Selection Process.

As the parent of _____

name of athlete

- i) I will support my daughter's coaches in providing the training program and environment to my daughter to assist her in meeting the obligations stated above;
- ii) I have:
 - the knowledge of and am committed to supporting the WAG Program direction, goals, objectives, strategies and programs;
 - the willingness to follow the Canadian program and the plan for the training camps and team preparation camps as set by the National Team Director WAG;
- iii) I will behave, will ensure that my daughter behaves and will encourage her coaches to behave according to:
 - the GCG and WAG Code of Ethics, Code of Conduct and Harassment Policy;
 - the FIG, Sport Canada, COC, CCES and GCG/WAG policies, regulations and directives;
- iv) I will behave, will ensure that my daughter behaves and will encourage her coaches to behave in a respectful manner with other team members or personnel at GCG activities;
- v) I will ensure that my daughter or her head coach will inform the NTD WAG immediately if she is injured at any time, and will provide the following information:
 - circumstances leading to the accident/illness;
 - means taken to have the injury evaluated by a physician;
 - detailed nature of the injury (medical diagnosis);
 - ability to pursue full training and to compete (all events/some events), as recommended by the physician;
 - recommendation regarding pursuing training and ability to compete as scheduled;
 - rehabilitation measures;
 - expected recovery timelines including return to complete training.

- vi) I have visited the Doping Free Sport Materials section of the CCES website.
- vii) I have ensured that my daughter and her Head Coach have viewed and understand the process of doping control as outlined in the video produced by the CCES.

I have a _____ medical insurance coverage valid when travelling
 6 or 12 months
 internationally. Here is the necessary. Provide the basic information (name of company, type of coverage, reference number, phone number to contact, etc.) to be able to make a claim while abroad:

I did not take any medical insurance coverage for gymnastics activities outside Canada for my daughter. My daughter will travel with cash or a credit card to cover any medical expense she could incur abroad.

Comments: _____

I give permission to GCG to use the picture of my daughter on its website, in GCG promotion documents and as requested by competition organizers.

I certify that the information on pages 12 to 17 is complete and accurate.

Signature of Parent	Name in block letters	Date
Signature of Witness	Name in block letters	Date
Signature of Parent	Name in block letters	Date
Signature of Witness	Name in block letters	Date

COACHES SECTION (Provide only once for each coach if more than one NT athlete in the club)

 Name as stated in passport

 E-mail address

 I am the coach of

 Name of athlete(s)

 Name of athlete(s)

 Name of athlete(s)

 My title in the club is

 Ex. Technical Director, Head Coach, Coach, Etc.

 My function in the club is

 Ex. Coach on Beam, coach on Vault and tumbling

 NCCP Passport #

 NCCP Certification Level

- A copy of the data/picture pages of my travelling passport is attached.
- I hold a valid Nexus card. I will secure one within the next 8 weeks if I do not have one.
- I am willing to drive a mini-van at GCG activities. I have included a legible photocopy of both sides of my driver's permit
- I have attached a signed copy of the Waiver form.
- I give permission to GCG to use my picture on its website, in GCG promotion documents and as requested by competition organizers.
- a) I will coach this(se) athlete(s) during the current/upcoming gymnastics season.
- b) I have read and I accept the obligations, conditions, rules and terms set in the National Team Selection Process.

- c) Obligations for the coach:
- i) I, with the other coaches of this athlete, will provide the training program, the training environment and guidance to this athlete in order to assist her in meeting the obligations stated in the selection process and in the Application and Commitment form;
 - ii) I will test her physical ability level - with the established protocol - according to the schedule stated in the selection process. I will send the detailed results to the National Team Director no later than 5 days following the testing;
 - iii) I am accountable for the results of my NT athlete(s) at international competitions while representing Canada;
 - iv) I have:
 - the knowledge of and commitment to the WAG Program direction, goals, objectives, strategies and programs;
 - the willingness to follow the Canadian Program and the plan for the training camps and team preparation camps as set by the National Team Director;
 - the willingness to be a team player when assigned to an international competition on behalf of Canada, i.e.:
 - . to work with, assist and support all team members (athletes and other team personnel) as necessary or requested by the National Team Director WAG
 - . to consider the interest of all athletes and coaches on the team in my decisions
 - . to contribute to strong team spirit and cohesion
 - the willingness, when assigned to an international competition on behalf of Canada to:
 - . coach team athletes other than my own
 - . spot team athletes on all apparatus in the case of a male coach
 - . perform the tasks of team head coach and/or team manager if assigned
 - v) I will behave according to the GCG and WAG Code of Ethics, Code of Conduct and Harassment Policy and understand ;
 - vi) I will behave according to the FIG, Sport Canada, COC, CCES and GCG/WAG policies, regulations and directives;
 - vii) I will behave in a respectful manner with other team members or personnel at GCG activities;
 - viii) I will be an excellent ambassador of Canadian gymnastics inside the country and abroad;
 - ix) I will inform the National Team Director WAG immediately if this athlete is injured at any time and will provide the following information:
 - circumstances leading to the accident/illness;
 - means taken to have the injury evaluated by a physician;
 - detailed nature of the injury (medical diagnosis);
 - ability to pursue full training and to compete (all events/some events), as recommended by the physician;
 - recommendation regarding pursuing training and ability to compete as scheduled;
 - rehabilitation measures;
 - expected recovery timelines including return to complete training.

To be signed by each Athlete and Coach**GYMNASTICS CANADA GYMNASTIQUE****WAIVER FORM FOR PARTICIPATION TO ANY ACTIVITY RELATED TO ARTISTIC GYMNASTICS****FORMULAIRE DE RENONCEMENT POUR TOUTE ACTIVITÉ RELIÉE À LA GYMNASTIQUE ARTISTIQUE**

 Print name of participant / Nom du participant en lettres moulées

<p>In consideration of your acceptance of my participation I, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators waive and release and forever discharge any and all rights and claims for losses, damages and / or injuries which I may have or may hereafter accrue to me against the Canadian Gymnastics Federation (Gymnastique Canada Gymnastique), the Organizers or their respective officers, agents, representatives and/or assigns for any and all losses, damages and injuries which may be sustained and suffered by me in connection with my association with or entry in the above athletic meet or which may arise out of my traveling to or participating in and returning from said athletic meet.</p>	<p>En retour de l'acceptation de ma participation, je, pour ma part, et pour mes héritiers, exécuteurs testamentaires, administrateurs et ayants droit, libère la Fédération Canadienne de gymnastique (Gymnastique Canada Gymnastique), les organisateurs ou leurs officiers, leurs agents, leur représentants respectifs et renonce à tout droit, réclamation, demande ou poursuite, découlant de pertes, blessures ou dommages subis durant, ou suite à ma participation à cet événement ainsi qu'aux voyages et déplacements à l'aller et au retour reliés à cet événement.</p>
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

 Athlete's Signature du participant

 Date

 Signature Parent or Guardian if under 18
 Signature du parent ou tuteur si moins de 18

 Date

 Print Name of Parent or Guardian if Under 18
 Nom du parent ou tuteur en lettres carrées si moins de 18

GYMNASTICS CANADA GYMNASTIQUE

CONSETEMENT POUR TOUTE ACTIVITÉ DE GCG ET RENSEIGNEMENTS MÉDICAUX

CONSENT FOR ANY GCG ACTIVITY AND MEDICAL INFORMATION

Nom/Name: _____ Club: _____

Adresse/Address: _____

P.C./C.P. _____

Parent ou tuteur légal si moins de 18 ans/Parent or Legal Guardian if under 18 yrs.:

Nom/Name: _____ Rés/Res: () _____

Trav/Bus: () _____ Fax/Fax: () _____

Nom/Name: _____ Rés/Res: () _____

Trav/Bus: () _____ Fax/Fax: () _____

Téléphone en cas d'urgence/Emergency Telephone: Tél/Tel: () Fax: () _____

Je, _____ donne ma permission pour des traitements médicaux ou chirurgicaux d'urgence déterminés et administrés par des médecins canadiens ou étrangers à

_____ qui est ma _____.

Nom en lettres moulées

Lien avec l'athlète

I, _____ give my permission for emergency medical/surgical care to be given by Canadian or foreign Physicians as they see fit to select to

_____ who is my _____.

Name in block letters

Relationship with athlete

Je comprends que, lorsque possible, je serai contacté et informé du problème, du diagnostic, du traitement requis et des résultats escomptés.

It is understood that wherever possible I shall be contacted, informed of the problem, diagnosis, required treatment and the hoped for results.

PARENT OU TUTEUR LEGAL
PARENT OR LEGAL GUARDIAN

TÉMOIN
WITNESS

Signé/ Signed: _____

Signé/ Signed: _____

Date: _____

Date: _____

MÉDECIN FAMILIAL/FAMILY PHYSICIAN

NOM/ NAME: _____

TÉL/TEL: (_____) _____ FAX: (_____) _____

ALERTE MÉDICALE/MEDICAL ALERT

NAM/HIN: _____

GROUPE SANGUIN/BLOOD TYPE: _____

ALLERGIES/ALLERGIES: _____

ASTHME/ASTHMA: _____

LENTILLES/CONTACTS: _____

COEUR ANORMAL/ABNORMAL HEART: _____

DIABETE/DIABETES: _____

MALADIE ACTUELLE/CURRENT ILLNESS _____

EPILEPSIE/EPILEPSY: _____

FIÈVRE RHUMATISMALE/RHEUMATIC FEVER: _____

BLESSURE/CHIRURGIES RÉCENTES (1 AN) / RECENT INJURIES/SURGERIES (1 YEAR):

COMMOTION RÉCENTE/RECENT CONCUSSION: _____

MÉDICAMENTS ACTUELS/CURRENT MEDICATIONS: _____

OTHER/AUTRES: _____

GYMNASTICS CANADA GYMNASTIQUE

A copy of pages 24 to 28 must be attached to the Athlete Application and Commitment Form.

SPECIFIC WOMEN'S ARTISTIC GYMNASTICS TEAM POLICIES, REGULATIONS, DIRECTIVES AND PROCEDURES

5.11 POLICIES, REGULATIONS AND DIRECTIVES FOR DELEGATION MEMBERS ASSIGNED TO AN INTERNATIONAL EVENT (COMPETITION, DEMONSTRATION, GALA, ETC.)

5.11.1 General Behaviour

A participant must abide by the following directives:

- a) All participants (athlete, coach, judge, therapist, manager, team leader / head of delegation, national coach, etc.) must abide by the GCG and WAG Code of Ethics, Code of Conduct and Harassment Policy.
- b) All participants (athlete, coach, judge, therapist, manager, team leader / head of delegation, national coach, etc.) must abide by the FIG Technical Rules/Regulations and Code of Points.
- c) All participants (athlete, coach, judge, therapist, manager, team leader / head of delegation, national coach, etc.) must abide by the FIG, Sport Canada, COC, CCES, GCG and/or WAG program policies, regulations, directives and procedures.
- d) All participants must behave according to the norms generally accepted in the Canadian society.
- e) Participants must refrain from making negative public comments that will affect the reputation of gymnastics in general, the FIG, GCG, the WAG Program and its representatives, Canadian gymnastics and other participants.
- f) Theft and vandalism are not tolerated.
- g) No delegation member may leave the city(ties) identified in the travel itinerary and in the program before the end of the event without the written consent of the PD WAG. The written request must be made and the written consent obtained before departure unless there are special circumstances.
- h) The coach must remain with the team and be available for team duties at all times. Social activities, even though optional, must be offered to all athletes if for athletes and to all coaches if for coaches.
- i) No athlete may be exempted from an activity on the schedule, including meals, to accompany a family member unless exempted by the National Team Director and the team leader / head of delegation.

5.11.2 Athlete Care/Comfort and Behaviour

Each coach is responsible for the care/comfort and behaviour of his/her athlete(s) at all times, even when the activity is not technical in nature. The national team director or team leader / head of delegation may choose to assist the coach however, each coach is responsible for the care/comfort and well being of his/her athlete(s) on the delegation.

5.11.3 Communication Process

The team information will be communicated by the national team director or the team leader / head of delegation to the athlete(s), coach(es), therapist(s), judge(s), etc. as soon as possible. Team meetings will be held regularly on an as needed basis by the team leader / head of delegation.

5.11.4 Specific Regulations

A delegation member must:

- a) Avoid any action or conduct that would reasonably be expected to significantly disrupt or interfere with the competition or the preparation for the competition.
- b) Athletes: once on-site, take part in the event unless ill or injured.
- c) Coaches: once on-site, avoid withdrawing athlete, or asking athlete to withdraw from the event or not attending some activities, unless ill or injured.
- d) Avoid the use, inadvertent or not, of banned substances in contravention with the rules of the WADA, CCES, FIG, Sport Canada and GCG policy. Check the content of all over-the-counter medicines with the CCES when in doubt.
- e) Avoid possession of any banned substances and refrain from supplying such substances directly or indirectly to others, from encouraging their use, or condoning the use of these substances by knowingly aiding in any effort to avoid detection of the use of banned substances or banned performance enhancing practices.
- f) Participate in any doping control testing conducted by the OC on-site, provided that the testing protocol is done according to WADA protocol and standards.
- g) Attend official team activities and functions unless exempted by the team leader / head of delegation.
- h) Conduct himself or herself at any official function with fair play and respect for the Organizing Committee and other participants.
- i) Be on time and follow the established schedule.

- j) The WAG program dress code applies to all occasions:
- proper clothing and appearance is expected from delegation members at all times;
 - current sponsor's tracking suit, leotards and other training clothing items must be worn for all training sessions, competitions and ceremonies unless otherwise agreed upon with the PD WAG before departure;
 - improper training items such as ripped T-shirts or pants, "boxer" shorts, etc. are not allowed.
- k) The curfew for the athletes is set by the National Team Director or team leader / head of delegation who is on site.
- l) Alcohol consumption is forbidden for all athletes and may result in expulsion from the event or the National Team

5.11.5 Removal of an Injured or Sick Gymnast from Training or Competition

- a) The decision to remove a gymnast from the competition will be based on the following considerations:
- the nature of the injury or sickness, and:
 - the possibility of continuing training or competition on-site without the risk of aggravating the injury/sickness or incurring an injury;
 - the possible short and long term consequences on the athlete's health and well being if training/competition is pursued.
 - the objectives set for the event NEVER take precedent over the well being of the athlete and are never used as a justification to maintain, in training or competition, an athlete that should be removed.
- b) A recommendation or decision by the local medical personnel or team medical or paramedical personnel to remove an athlete from training or competition is always abided by.
- c) If the local medical personnel do not deem removal necessary, the final decision to remove an athlete from training or competition will be made by the national team director and the respective coach(es) based on the evidence provided by the local medical personnel and after consultation with the athlete. When the national team director is not in attendance, the team leader / head of delegation will make the final decision with the respective coach(es).

5.11.6 Team Vision and Expectation

A team member is expected to behave according to the WAG team vision:

a) Principle We want to promote and sell a product (Canadian gymnastics) with a strong and positive image to several key groups (Canadian and foreign public, judges, media, sport organizations, etc.) during training, competitions, demonstrations and other activities.

b) Competition Image

Competitiveness: Delivered by demonstrating a contemporary content and technique with excellent execution (sharpness, crispness and neatness).

Consistency: Delivered through the overall stability of performances.

Confidence: Delivered by demonstrating individual and team confidence/drive.

Cohesiveness: Delivered by showing that each member is aware of his/her important role and responsibilities and is capable of assuming them.

Cooperation: Delivered by showing constant support among all team members.

Stability: Delivered through “hit routines” with international content

Expectation: That all team members will contribute to the overall success of the WAG program

c) Training Image

During regular training a positive and confident attitude must be projected. Cooperation and team cohesion are expected at all times. Proper appearance is expected from all team members. Improper training items are not tolerated.

5.12 DISCIPLINARY PROCEDURES

a) Failure to comply with the FIG, GCG and/or WAG policies, regulations, directives or procedures will be addressed by the national team director and team leader / head of delegation on site and/or by GCG (upon return). They will follow with proper action or sanction before, during and/or after the event.

b) The nature and extent of the infraction will determine the severity of the sanction. In each case a due and fair investigation will be conducted and an opportunity for defence offered to the respondent(s).

c) On site, a sanction may include but is not limited to: verbal warning or reprimand, written warning or reprimand, suspension from some team functions or activities and early return to Canada at the participant’s expense.

d) After the competition, sanctions may include but are not limited to: written warning, written reprimand, fine, suspension of international representation or participation on behalf of Canada, National Team benefits and services, suspension of access to athlete or coaching or judging funding, support and services including but not limited to coaches financial compensation and/or financial recognition for athlete’s performances.

To be signed by each Athlete**GYMNASTICS CANADA GYMNASTIQUE****CANADIAN WOMEN'S ARTISTIC GYMNASTICS TEAM****REGULATIONS, POLICIES, DIRECTIVES AND PROCEDURES**

I, the undersigned, hereby acknowledge that I have read, I understand and accept the Canadian Women's Artistic Gymnastics Team regulations, policies, directives and discipline procedures. I agree to abide by such regulations, policies, directives and procedures, a copy of which I have in my possession.

I understand that I may be subject one or many of the disciplinary measures stated in 5.12 if I fail to abide by one or many of the Specific Women's Artistic Gymnastics Team Policies, Regulations, Directives and Procedures stated in 5.11.

Name of Athlete (print)

Signature

Name of Witness (print)

Signature

Signed at: _____

this ____ day of _____, 201__

To be signed by each Coach

GYMNASTICS CANADA GYMNASTIQUE
CANADIAN WOMEN'S ARTISTIC GYMNASTICS TEAM
REGULATIONS, POLICIES, DIRECTIVES AND PROCEDURES

I, the undersigned, hereby acknowledge that I have read, I understand and I accept the Canadian Women's Artistic Gymnastics Team regulations, policies, directives and discipline procedures. I agree to abide by such regulations, policies, directives and procedures, a copy of which I have in my possession.

I understand that I may be subject one or many of the disciplinary measures stated in 5.12 if I fail to abide by one or many of the Specific Women's Artistic Gymnastics Team Policies, Regulations, Directives and Procedures stated in 5.11.

 Name of Coach (print)

 Signature

 Name of Witness (print)

 Signature

Signed at: _____

this ____ day of _____, 201__

Return a copy of the new notarized form with the NT application form if the form in file at the National Office is no longer valid.

CONSENT TO TRAVEL OUTSIDE CANADA FOR MINORS (under age 18)

I (parents/guardians).....

give consent for my daughter

Print Name

.....

Date/Place of Birth

to attend all International competitions in Women’s Artistic Gymnastics held outside of Canada for the period of _____ to _____ to which she is assigned by Gymnastics Canada Gymnastique.

I acknowledge that I am aware that she is travelling with a coach or a team manager appointed by Gymnastics Canada Gymnastique but is unaccompanied by either parent/guardian to such competitions.

Date

Parent/Guardian Signature.....

Address.....

.....

Contact phone numbers

Parent/Guardian Signature.....

Address.....

.....

Contact phone numbers

SIGNATURE OF BOTH PARENTS REQUIRED

Lawyer/Notary Public Signature