



GNS MEN'S ARTISTIC GYMNASTICS

THE ROAD TO CANADA WINTER GAMES 2023



<p><u>Step 1:</u> Core Team Testing (mid Jun)</p>	<p>Participate in the upcoming Skills Testing to see how you currently rank. Testing will be held at ALTA Gymnastics, June 17th with Warm Up starting at 4:30pm. Up to 12 athletes (results dependant) will be named to a Core Team and be invited to the August Summer Camp</p>
<p><u>Step 2:</u> Summer Camp (late Aug)</p>	<p>The Core Team will get together around August 26th weekend to train skills and show routine preparation. We will also plan to have supplemental training with sport professionals from mental performance / physiotherapy / S&C fields of expertise</p>
<p><u>Step 3:</u> Canada Games Trials1 (late Nov)</p>	<p>2 Competitions will help decide the final Canada Games Team for MAG.</p>
<p><u>Step 4:</u> Canada Games Trials2 (early Dec)</p>	<p>6 Gymnasts plus 1 non-travelling alternate will be named to the final team.</p>
<p><u>Step 5:</u> Made Team, Stay Committed</p>	<p>The Team (6+1) will train together late December and will travel Dec/Jan for an away competition to prepare as a team</p>



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FINAL TEAM SELECTION PROCEDURE

Criteria 1:	Top 3 AA from Trials	<p>From combined results of the Canada Games Trials Competitions (2 Trials)</p> <p>(Trials 1 - late November) (Trials 2 - early December)</p>
Criteria 2:	3 athletes and alternate selected by MPC (Men's Program Committee)	<p>MPC will use the results of the Trials to select the final 3 team members and alternate. In the case of an injured athlete, petitions may be accepted with consideration of past results. The team goals for MPC will be kept in mind when selecting.</p> <p>The team goals are:</p> <ul style="list-style-type: none"> - Medal performances - Event finals appearances - Helping the team score