YOUR NATIONAL TEAM SUPPORT TEAM

NATIONAL TEAM HANDBOOK

VERSION 1.0 – AUGUST 26, 2026

1 YOUR GYMCAN SUPPORT TEAM

Your Program Director is your National Team air traffic controller. They are your first point of contact for questions, concerns, or when you simply aren't sure who to ask. They help coordinate the many moving parts of your National Team experience and can connect you with the right person when additional support is needed.

When in doubt, start with your Program Director. You do not need to know which GymCan staff member is responsible for every area. Your Program Director will help answer your question or connect you with the appropriate person.

Role		Contact them for…
Director, Trampoline Gymnastics	Karen Cockburn	**Your first point of contact.** Questions about your National Team program, selection and assignments, competitions, training camps, planning, athlete support, or anything you're unsure about. They will connect you with the appropriate person when needed.
Director, Men's Artistic Gymnastics	Greg Jackson	
Director, Women's Artistic Gymnastics	Heather Ross McManus	
Director, Rhythmic Gymnastics	Yuliana Korolyova	
Coordinator, WAG & MAG	Michaella Wilson	Day-to-day National Team administration and travel logistics, including forms, documentation, deadlines, travel coordination, registrations, and other program administration.
Coordinator, TG & RG	Patrick Desjardins	
Director, Safe Sport	Kacey Neely	Safe Sport questions, policies and processes, including guidance on reporting concerns and navigating Safe Sport resources
Director, Communications, Events & Marketing	Katia Perin	Communications, media, marketing, major events, sponsorship, and matters involving GymCan's public profile or brand.
Coordinator, Communications & Events	Sara-Maude Duchêne	National Team communications, content, events, media-related coordination, and communications support.

Role		Contact them for…
Senior Director, High Performance	Jenny Trew	National High Performance strategy and matters that extend beyond your individual discipline or require senior HP leadership. Your Program Director will connect you when appropriate.
Chief Executive Officer	Debra Armstrong	Overall leadership and strategic direction of GymCan. Generally, your Program Director will connect you with the CEO when appropriate.

1.1 ADDITIONAL NATIONAL TEAM SUPPORT

- **National Team Advisors** — Provide technical expertise, leadership, and guidance to National Team athletes and coaches. They work closely with the Program Director and National Team program to support technical development, training and competition preparation, and overall program direction.
- **Integrated Support Team (IST)** – Provides specialized athlete health and performance support, which may include sport medicine, physiotherapy, strength and conditioning, nutrition, mental performance, and sport science. IST structure and access vary by discipline.

Your Program Director can help connect you with the appropriate National Team Advisor or IST practitioner when needed.

2 DISCIPLINE-SPECIFIC INFORMATION

Selection criteria, competition information, discipline-specific policies, calendars, and other program information are available through your Discipline National Team site.

- Acrobatic Gymnastics (ACRO)
- Double-Mini Trampoline (DMT)
- Men's Artistic Gymnastics (MAG)
- Parkour (PK)
- Rhythmic Gymnastics (RG)
- Trampoline Gymnastics (TG)
- Women's Artistic Gymnastics (WAG)
- Tumbling (TUM)

3 DOCUMENT TIMELINES

Version	Date	Change(s)
Final 1.0	August 26, 2026	Initial document