RETIREMENT FROM THE NATIONAL TEAM

NATIONAL TEAM HANDBOOK

VERSION 1.0 – AUGUST 26, 2026

Retirement is an important transition in an athlete's journey. Whether you are retiring from the National Team or from competitive gymnastics entirely, there are a few steps to take to ensure your National Team responsibilities are formally concluded.

1 NOTIFYING GYMCAN

Athletes who decide to retire must notify their Discipline Program Director in writing.

Depending on your National Team status and competition level, additional steps may be required. Your Program Director will help identify any outstanding requirements that apply to you.

If you are part of an anti-doping testing pool, specific retirement requirements may also apply. Refer to Anti-Doping & Clean Sport – Retirement from Competition in this Handbook for more information.

2 TRANSITION SUPPORT

Support continues to be available as you transition from high-performance sport.

Game Plan provides eligible athletes with resources and support related to career development, education, mental health, life skills, and transition planning. Recently retired athletes may continue to be eligible for Game Plan services based on their athlete status.

Former Senior National Team athletes may also remain eligible for AthletesCAN membership and resources following retirement.

For information about these and other available resources, refer to Athlete Support Services in this Handbook.

3 DOCUMENT TIMELINES

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