GYMNASTICS SASKATCHEWAN







TRAMPOLINE GYMNASTICS

2027 CANADA WINTER GAMES SELECTION

Canada Winter Games 2027 Selection Procedure

Quebec City, Quebec
March 7th – 14th, 2027
Trampoline Gymnastics

Eligibility

The team compromises of two athletes competing in male categories and two athletes competing in the female categories. Athletes must have been born between 2005 and 2013 to be eligible to compete at the games. Saskatchewan athletes must have competed a minimum of level 5 on trampoline in the 2026 competition season to attend trials.

Athletes who meet these requirements will be notified that they are eligible and will be asked to "commit" to our selection pool. Athletes that have committed to be included in the selection pool are committing to follow the Canada Games TG Strategic Plan.

Coach Selection

Coaches must hold a minimum of a Comp 3 Trampoline Certification to be eligible for selection. Canada Games Council dictates that PSO's must send one female coach and one male coach. The Head Coach position will go to the coach with the highest level of certification who also has at least one selected athlete.

- If there is a tie, the following procedure goes into effect:
    - The coach with the most selected athletes prevails (not including alternates).
    - The coach with the higher ranked athletes prevails (ex. Coach A's athletes were the top ranked male and female, Coach A prevails)
    - If coaches are still tied, their selected athletes' scores will be added together, and the coach of the higher scoring athletes prevails.

Athlete Selection

There will be two trial events for Canada Games, and all athletes must attend both trials to be eligible.

- At trial events athlete will compete under the CWG rules:
    - Two free optional routines in prelims
    - One free optional routine in finals
- Athletes will be ranked using the following system:
    - Best prelims score from either trial
    - Best finals score from either trial
    - Best other routine score from prelims or finals from either trial: routine scores can only be used once
    - Athletes can use all three scores from one trial

- These three scores are added together, and then athletes will be ranked from highest total to lowest. The top 2 athletes of each gender are named to the team, the athletes with the next highest total score for each gender will be named as non-travelling alternates
- In the event of a tie, the athlete with the highest single routine score will prevail
- Alternate athletes will not travel to the event, but they will receive leotards and singlets and will participate in the CWG TG Strategic Plan

Canada Games Strategic Plan: Trampoline Gymnastics

Female Coach: TBD
Male Coach: TBD
Dietician: Heather Hynes
Mental Performance: Lisa Hoffart
Strength and Conditioning: Christine Laprairie (Regina) Dean Visvanathan (Saskatoon)

September 2026	Selection Pool identification and commitment
July/August 2026	Strength and conditioning 2x/week outside of the gym (Craven Sport Services in Saskatoon and Level 10 Fitness in Regina)
Aug 19, 2026	**Nutrition Session VIRTUAL at 7:30pm with Heather**
Aug 21, 2026	Intro Group Mental Performance session at 7:30pm with Lisa
October 2026 (TBD)	Group Mental Performance session and Sleep session
November 2026 (TBD)	Group Mental Performance
December 12, 2026	**CWG Trial 1 at Gymnastics Adventure**
Jan 8, 2027	**Western Canada CWG Training Camp** **Pine Valley Gymnastics Club, Tawatinaw, Alberta (near Edmonton, team trip)**
Jan 22-24, 2027	**CWG Trial 2 at Alberta Cup 2 in Calgary (Pegasus Cup)**
Jan 25, 2027	Official naming of team and deadline to get information into GEMS.pro
Feb 2027	Individual mental performance and nutritional sessions for named athletes
Feb 2027	CWG Mock Meet with selected athletes and coaches (Location TBD, ideally at Can-am)
Late Feb-Early March 2027	Last individual mental performance sessions
Mar 3, 2017	Depart for Elite Canada *Elite Canada is directly ahead of Canada Winter Games in Terrebonne, Quebec from March 4th – 7th. Athletes will compete at Elite Canada and then travel directly from there to Canada Winter Games in Quebec City with the selected CWG coaches.
Mar 7, 2027	Depart Terrebonne and travel to Quebec City.

Canada Winter Games Schedule Overview

Sunday, Mar 7, 2027	Travel to Quebec City
Monday, Mar 8, 2027	Training Day
Tuesday, Mar 9, 2027	Training Day
Wed, Mar 10, 2027	Synchro Competition
Thursday, Mar 11, 2027	Training Day
Friday, Mar 12, 2027	Individual Competition
Saturday, Mar 13, 2027	Mixed Team Event
Sunday, Mar 14, 2027	Free Day and Closing Ceremonies
Monday, Mar 15, 2027	Depart the Games and travel home