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Gymnastics Canada
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Congratulations — you're officially part of Team Canada!

We're proud to welcome you to the National Team community as you pursue excellence on the world stage. Reaching this level is an incredible achievement, and it speaks not only to your talent and dedication, but also to the coaches, clubs, teammates, and support staff who helped you get here. When you wear the maple leaf, you represent Gymnastics Canada (GymCan), your club, your teammates, and your country — together.

Being part of the National Team means belonging to something bigger than yourself. We train together, compete together, and support one another through challenges and successes. As a National Team member, you are also a leader and ambassador for Canadian gymnastics. Your actions — in training, competition, and daily interactions — help shape our team culture and inspire the next generation.

Every time we train, travel, and perform, we show the world what Canadian gymnastics stands for: excellence, integrity, resilience, and respect. Our shared goal is to win well — pursuing podium performances and top international results while upholding the values that keep our sport safe, inclusive, and sustainable. When one of us succeeds, we all rise.

This Athlete Handbook is your guide to life on the National Team — outlining shared responsibilities, available support, and the systems designed to help every athlete thrive. It's fully digital, mobile-friendly, and includes direct links to key GymCan programs, policies, and partners.

You are never alone on this journey. The GymCan National Office is here to support you both on and off the floor at gymcan.org/contact. To remain in good standing with GymCan and the National Team, ensure your OneBadge and CSSP requirements are up to date.

You've earned your place on this team. Now, let's move forward together — learning, growing, and pushing the limits of what's possible.

Together, we win well.

Jen Trew

Jenny Trew
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