NATIONAL TEAM CAMP MEMO

RHYTHMIC GYMNASTICS

VERSION 1.0 - OCTOBER 26, 2026

1 PURPOSE

GymCan Rhythmic Gymnastics is holding a NT Training camp on Sunday, November 29 and Monday, November 30, 2026 for Senior and Junior individual athletes and the Junior RGG, as well as Stage 2 Selection for Senior RGG. The objective is to provide athletes and coaches a head start in preparation for 2027 competitive season.

2 SELECTION PROCESS

Invitations follow the current Senior and Junior National Team ranking. The camp includes 14 individual athletes in two groups of seven

- **RGI Seniors (7).** The top 4 athletes on the current Senior National Team pool, plus the top 3 Juniors moving up to Senior in ranking order. The third-ranked Junior is currently in Stage 2 Senior Group Selection, so that invitation passes to the next eligible athlete on the ranking.
- **RGI Juniors (7).** The 3 Juniors born in 2012 who stay in the Junior category (only three remain), plus the top 3 Novice athletes moving up to Junior in ranking order. The 4th-ranked Novice moving up to Junior is invited as a reserve
- **Junior RGG:** Up to 3 groups, invited on each club's submitted video (due October 31, 2026).

2.1 RGI INVITED ATHLETES:

Senior	Junior
Suzanna Shabazian - QC	Nydia Nie - ON
Jana Alemam - ON	Chantal Chen - ON
Erica Lee – BC	Eleonora Khristoforova - ON
Anna Corbett - QC	Amelia Zhong - QC
Lilian Yevzlin – ON	Siana Berger - QC
Nava Laksman – BC	Nelly Nikonorova - ON
Gillian Lu - ON	Elena Michailidis - ON

Junior RGG To be confirmed by November 7th
Senior RGG: Separate Memo will be shared with the RGG Stage 2 athletes and coaches by November 7th

3 SCHEDULE BY GROUP - DRAFT

Please note that this is a draft schedule, and some sessions may be subject to change.

SENIORS		
Sunday, November 29 (draft)		
8:00–9:00	**Warm-up**	Independently
9:00 –12:00	**Judge Feedback Session**	2 apparatus. Carpet A 4 athletes, Carpet B 3
12:00–12:30	**Break**	
12:30-1:30	**Ballet**	Ballet Bar
1:30-2:00	**Routine self- analysis based on Judge feedback**	With personal coaches
2:00–3:00	**Recovery session - TBC**	Specialist session
Monday, November 30 (draft)		
8:00–9:00	**Warm UP**	Independently
9:00–11:30	**Judge Feedback Session**	2 apparatus. Carpet A 4 athletes, Carpet B 3
11:30–12:30	**Ballet**	Ballet Bar
12:30-1:00	**Break**	
1:00-2:00	**Routine analysis based on Judge Feedback from both days**	With personal coaches
2:15–3:15	**Mental training - TBC**	All 14 athletes together with the Juniors

JUNIORS		
Sunday, November 29 (draft)		
10:00–10:30	**Warm-up**	Carpet C
10:30–11:30	**Ballet**	Ballet Bar
11:30–12:00	**Body Difficulty Precision**	Carpet C
12:00-12:30	**Routine Preparation**	With personal coach: Carpet A and Carpet B
12:30–3:00	**Judges Feedback Session**	2 apparatus. Carpet A 4 athletes, Carpet B 3
3:15–4:15	**Recovery session - TBC**	Specialist session
Monday, November 30 (draft)		
9:30–10:00	**Warm-up**	Arrive 9:30 to warm up for ballet
10:00–11:00	**Ballet**	Ballet Bar
11:00–11:30	**Routine analysis based on Judges Feedback from Day 1**	With personal coaches
11:30-11:45	**Routine Preparation**	
11:45–2:00	**Judge Feedback Session**	2 apparatus. Carpet A 4 athletes, Carpet B 3
2:00-2:15	**Short Break**	
2:15–3:15	**Mental training - TBC**	All 14 athletes together with the Seniors

GROUPS		
Sunday, November 29		
3:00–4:15	**Senior Group warm-up**	Carpet C
4:15–7:15	**Senior Group (RGG)**	Carpet A - Stage 2 Final Testing
Monday, November 30		
1:00-2:00	**Junior RGG warm up**	With personal coaches
2:30–4:30	**Judge Feedback Session**	Carpet A and B

4 DOCUMENT TIMELINES

Version	Date	Change(s)
Draft 1.0	October 26,2026	Draft circulated