ATHLETE ADVOCACY & BENEFITS

NATIONAL TEAM HANDBOOK

VERSION 1.0 – AUGUST 26, 2026

Athlete voice is an important part of high-performance sport. National Team athletes have access to both GymCan and independent athlete-representation channels where they can share feedback, raise issues, contribute to decisions that affect athletes, and access additional resources and benefits.

This section outlines how you can connect with athlete representatives within GymCan, access independent advocacy through AthletesCAN, and learn about additional benefits that may be available to you.

1 GYMCAN ATHLETE COMMISSION

The GymCan Athlete Commission helps ensure that athlete perspectives are represented in GymCan's governance and decision-making.

Athlete Representatives serve as a link between National Team athletes in their discipline and the Athlete Commission. They gather athlete feedback, bring forward athlete perspectives and concerns, and contribute to discussions and policies that directly affect athletes.

Your Athlete Representative is another avenue for you to ask questions, share feedback, raise concerns, or bring forward ideas related to your National Team experience.

1.1 YOUR ATHLETE REPRESENTATIVES

Discipline	Athlete Representative
Chair	Sophiane Méthot
Acrobatic Gymnastics (ACRO)	vacant
Men's Artistic Gymnastics (MAG)	Jayson Rampersad
Rhythmic Gymnastics (RG)	Olivia Nguyen
Trampoline (TRA)	Remi Aubin
Double-Mini & Tumbling (DMT/TUM)	Zoe Phaneuf
Women's Artistic Gymnastics (WAG)	Emma Spence

Athlete Representatives serve two-year terms, and elections are staggered across disciplines. The list above will be updated as new representatives are elected.

Athlete Representative Terms of Reference:
TBC

2 ATHLETESCAN – INDEPENDENT ATHLETE ADVOCACY

AthletesCAN is the independent association representing Canada's National Team athletes. It provides an athlete voice within the Canadian sport system and supports athletes through advocacy, education, leadership, and access to resources.

2.1 ELIGIBILITY

AthletesCAN membership is available to current Senior National Team athletes representing Canada, as well as former Senior National Team athletes who represented Canada within the past eight years.

2.2 ATHLETEHUB

AthletesCAN members have access to AthleteHUB, an online collection of resources, courses, tools, and information designed to support athletes throughout their National Team careers.

Resources cover a wide range of topics, including athlete rights and advocacy, Canadian sport governance, education and career development, financial wellbeing, Safe Sport, mental health and wellness, competition readiness, and health and performance.

National Team athletes are encouraged to register with AthletesCAN and explore the resources and athlete-support services available to them.National Team athletes are encouraged to register with AthletesCAN and become familiar with the resources and athlete-support services available to them.

AthletesCAN:
https://athletescan.ca/

Membership Registration:
https://athletescan.ca/member-registration/

3 BELL ATHLETES CONNECT PROGRAM

The Bell Athletes Connect Program provides eligible Senior National Team athletes with access to mobile services to help them stay connected with coaches, teammates, family, and their support networks.

The program is administered through the Canadian Olympic Committee, with GymCan providing the names of eligible athletes annually.

Eligibility and program benefits may change from year to year. Eligible athletes will receive information about accessing the program when available.

Bell Athletes Connect Program:
https://www.bell.ca/Bell-Athletes-Connect-Program

4 DOCUMENT TIMELINES

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