Sask First

Gymnastics Saskatchewan







WOMEN'S GYMNASTICS

2025-26 SASK FIRST PROGRAM

SASK FIRST
Program Description

The Sask First Program was implemented to give Saskatchewan's gymnasts and their coaches more training experience and to improve the level of gymnastics in the province. The program's overall objective is to improve results at all future Western, National and International competitions.

- This program has three objectives:
    - To provide our current and potential High Performance and National stream podium (top 8) gymnasts with expert coaching lead by professional Gymnastics Saskatchewan HP Coaching staff and supported by other Canadian HP Coaches.
    - To increase training and competition experiences for selected gymnasts and their personal coaches.
    - To use sport science programs to educate gymnasts, coaches and parents in all aspects of the sport of gymnastics.

Saskatchewan gymnasts will be selected annually to one of three tiers. All gymnasts will have the opportunity to access expertise from the High Performance (HP) Coach, in line with Gymnastics Saskatchewan's and Gymnastics Canada's Long Term Gymnast Development (LTAD) model. For 2025-2026 the tiers will be composed of gymnasts in the following categories.

Tier 1
HP Senior
HP Junior
HP Novice
*These are all athletes who have been designated as HP Athletes by Gym Can

Tier 2
Aspire 2 (2014-2017)
CCP Level 9 (all ages)
CCP Level 10 (all ages)
*Tier 2 will include any athlete who is planning to attend Elite Canada 2026 & tested a HP Level at ID Camp

Tier 3
CCP Level 8 (all ages)

PROGRAM DEVELOPMENT, REVIEW & EVALUATION

The HP Coach, in consultation with the Technical Director will create, monitor, and evaluate the WAG Sask First Program Plan. The Women's Technical Committee may provide advice regarding the program plan and delivery.

SELECTION

Annually, the HP Coach, will invite gymnasts to participate in a Talent Identification (ID) camp, conduct an assessment, determine if further evaluation is required and finally, select gymnasts to the 3 tiers.

- Sask First athletes for the 2025-2026 season:
    - Tier 1 athletes
    - Level 10 athletes
    - Level 9 athletes
    - Level 8 athletes
    - Aspire 2

Tier 1 & 2 athletes from the previous season who competed at the 2025 Western &/or Canadian Championships in Level 9, 10, or HP and are not changing levels are automatically selected and confirmed upon:

1) Completing the Sask First physical testing
2) Attending the Sask First training camp November 14-16, 2025 (unless exempted by HP Coach, written request must be provided)
3) Competing on all apparatus at the following verification: December 2025 Mock Meet (TBC)

If Tier 1 and 2 athletes mentioned above test a level higher than they competed in the previous season, and do not meet the standard for the higher level, they will remain at the tier they were at the previous season.

**provisionally selected athletes should show as much as they can as close to competition equipment as possible. What they show and with extra mats/softer landings is up to their personal coaches. For these athletes, coaches can choose for an assessment as per the manual or judge verbal/written feedback.

Gymnasts will be selected annually to tiers based on physiological development, physical ability, gymnastics skills, and performance results.

Each athlete, not already selected, must achieve the following all around score for each Tier and Level **to be eligible to be selected** to that Tier for the 2025-2026 season. These scores are based on selection from the previous year. This is to ensure that each year Saskatchewan is meeting standards and building strong teams.

- Tier 1
    - Only current HP athletes selected until after Elite Canada 2026– AUTOMATIC Tier 2
    - HP pathway athletes testing an HP Level: 75%
    - Aspire 2: 80%
    - CCP 8: 85%
    - CCP 9: 80%
    - CCP 10: 80%

All CCP 9 & 10 athletes must score a minimum of 33.5 points on skills. CCP 8 athletes must score a minimum of 34.5 points on skills.

Athletes who are not currently on a Gymnastics Canada designated HP list, and test an HP level at the ID Camp, will be conditionally placed into Tier 2, if they achieve the score standard outlined. If the score standard is not achieved at the ID Camp, the HP Coach (with the assistance of a judge) will convert their scores to reflect an appropriate National CCP Level (CP 9 or CCP 10). If the CCP score is met, they will be placed onto Tier 2 as a CCP National athlete until Elite Canada. Following Elite Canada, any athlete who is on an HP list will be automatically added to Tier 1.

From the eligible athletes who meet these standards, the HP Coach, in consultation with the Technical Director, has the final decision in the selection of gymnasts for each tier.

Each Tier 1, 2 and 3 gymnast's personal coach will receive performance feedback from the HP Coach outlining the recommendations to improvements in physical and skill development in order to help each gymnast achieve her potential. Tier 1 athletes and coaches will meet with the HP Coach 2-3 times per year, Tier 2 and 3 athletes and coaches will meet with the HP Coach 1-2 times per year to discuss goals (short and long term), training plans, training/physical/physiological needs.

All selected Sask First Team members will receive a letter of congratulations along with a list of the activities they are eligible to participate in, anticipated costs and agreement documents

The HP Coach can conduct an assessment of a gymnast and place her in one of the tiers, after consultation with the WAG Technical Director at any time. The assessment must include a minimum of 2 of the following:

- Observation at training camp(s)
- Competition results
- Observation of training

Selection of an athlete is pending receipt of the athlete and coach commitment forms to Gym Sask by the required deadline.

TRAINING

The Sask First Program will focus on reinforcing the fundamentals of gymnastics in order to achieve long-term success and strong competition results in the future.

SASK FIRST gymnasts & their coaches will receive training in the following areas during training camps and competitions: body basics, core stability, flexibility training, training program design & implementation, sport specific warm-ups and cool-downs, training diets, refueling, competition &

pre-competition eating, injury prevention, injury management, drug & supplement education, over-use/abuse, short term/long term goal setting and gymnast travel tips.
The SASK FIRST gymnasts will attend training opportunities throughout the year. These training opportunities will occasionally include a physical testing component so that the HP Coach and the coaches of the individual gymnasts can more easily track gymnasts' progress.

Camps will be used to continually evaluate each gymnast's progress. After each training camp, gymnasts' personal coaches will receive written feedback and future recommendations.

Sport Medicine and Science will be an important part of the camps and will include sessions on nutrition, exercise physiology, sports psychology and injury prevention for parents, coaches and gymnasts. In addition, gymnasts will have access to physiotherapy and sport psychology sessions as available and needed.

COACH MENTORSHIP
The SASK FIRST Program will aim to mentor all coaches with tier 1, 2 and 3 gymnasts at or aiming to be at the High-Performance levels. The HP Coach and other guest coaches will offer training and technical ideas at various camps and competitions as mentioned. The coaches will evaluate this aspect of the program yearly to help provide direction.

Coaches will need to provide long and short-term planning documents, training details and other documentation to the HP coach if requested. Coaches may also be required to fill out other documentation for their athletes to optimize and assess each athlete's needs.

COMPETITION EXPERIENCES
There is an expectation that SASK FIRST gymnasts attend the SASK FIRST competitions they are selected for as well as other Team Sask events they trial for. If there are extenuating circumstances why a gymnast is not attending an event, there will be a discussion between the HP coach, WAG Program Coordinator, and the gymnast's personal coach in order to make a decision with the gymnast's best interests in mind, and the athlete's commitment to the Sask First Program.

The gymnasts will travel as a team as per the GymSask team travel handbook. The determination of each gymnast's competition level at SASK FIRST events is at the discretion of the HP Coach and will be determined by their skill performance and the requirements of each level. Gymnasts will be expected to compete with full requirements.

Selection Criteria
2025-2026

HIGH PERFORMANCE
20% Physical
D Score: 33%
E Score: 47%

CCP Levels 8, 9 & 10
20% Physical
80% Final Skill Score

Aspire 2
20% Physical
80% Final Skill Score

Current High-Performance Athletes and Tier 2 level 9 & 10 athletes who are not changing levels
Automatically Selected to Sask First Team pending they complete the requirements on page 3. (Physical testing and skills assessment at Identification Camp mandatory, unless attending a Gym Can event)

The ID camp is free to attend.

Annual Identification Camp
2025-2026
Invitation Criteria

1. Gymnasts who were named to a 2025 Gymnastics Canada High Performance list
2. Gymnasts who were selected to the 2024-2025 Sask First Program in Tier 1 or 2
3. Gymnasts who competed at the 2025 Western Canadian Championships the CCP 8 category or who competed in level 9 or 10 categories at the 2025 Provincial Championships.
4. Gymnasts who scored 36.0+ in CCP 7 at the 2025 Provincial Championships.

Coaches may submit a petition form, along with $75 to the WAG Program Coordinator with a link to a video of skills on each event of the level to be tested, and past results at competitions from the 2024-2025 season. A check list of skills for each level will be provided to coaches for them to include for the video of athletes. It is recommended that coaches submit videos that include as many skills as possible from the checklist at the athlete's testing level. The link to the checklist is here:

Video Petition Checklist 2025-2026

The decision lies with the WAG HP Coach and WAG Program Coordinator.
The deadline for petitions is October 15, 2025.

2025-2026 Athletes Invited

Level	Name	Birth Year	Club
CCP 10	Kendall McLeary	2010	CanAm
	Danica Signarowski	2007	Yorkton
	Jada Roussin	2008	Marian
	Prescott Ethier	2009	CanAm
	Kenzie Medernach	2010	CanAm
CCP 9	Milah Dyck	2008	Can Am
	Dahlia Younge	2014	Marian
	Cadence Seibel	2008	GA
	Quinn Stroeder	2012	Marian
	Helena DeGirolamo	2008	MARIAN
	Julia Sutherland	2011	Can-Am
	Lila Hale	2008	ESTEVAN
	Carina Mockford	2011	Marian
	Ellie Forrester	2010	Queen City
	Meredith Toth	2010	Queen City
	Chloe Chang	2012	Can-Am
CCP 8	Kayleigh Schlosser	2010	MARIAN
	Madison Redl	2010	Marian
	Bella Kolababa	2012	CanAm
	Carly Dueck	2013	CanAm
	Emma Wosminity	2013	CanAm
	Kate Popescul	2013	PA
	Madison Signarowski	2012	Yorkton
	Peyton Lokhen	2008	Airborne
CCP 7	Anne Vien	2009	Marian
	Madeline Vien	2013	Marian
	Emma Koenig	2012	CanAm
	Arden Sasko	2013	CanAm
	Olivia Dionne	2012	Marian

SASK FIRST
Technical Evaluation

Athletes are invited to the testing based on the criteria listed above.
Athletes may test at any one of the following levels, providing they fit into the appropriate birth year:

1. High Performance — born in 2014 and earlier
2. CCP Level 10 — born in 2014 and earlier
3. CCP Level 9 — born in 2015 and earlier
4. CCP Level 8 — born in 2015 and earlier
5. Aspire 2 — born in 2014-2017

Athletes testing the Aspire 2 and CCP levels will be evaluated with the CCP Code of Points
There is no cap on bonus at any CCP level for either D/E bonus or connection value.
Athletes testing with high performance criteria will be evaluated with the 2025-2028 FIG Code of Points for skill values, CRs, bonus and execution.

SASK FIRST
Schedule

Open Training
Saturday Nov. 1st 4:30pm – 7:00pm
Marian Gymnastics Club
***Must confirm attendance and numbers by Oct 25, 2025 to Chris Baraniuk**

Skills Evaluation
November 2: 9:00am – 2:00pm *
(Times may be adjusted once registration is confirmed)

Warm-up

- 30 minute general warm-up.
- Warm-Up per event will run 15 – 20 minutes.
  All available apparatus equipment can be used during general and event warm-ups.

SASK FIRST
SKILL EVALUATION

Link to Scoresheets is here: Skill Testing Sheets 2025-2026

- Equipment Standards.
  - Vault:
    - Aspire 2: 115-125 cm
      Stack of mat 20 cm above table and/or up to 20 cm mats for salto vault
    - CCP 9, 10 and High Performance: 125cm
    - CCP 8: 15 and older (born 2011 or earlier): 125 cm
      10-14 years old (born 2012-2015): 100 - 125 cm

- Beam:
    - Aspire 2: 115 cm, optional mat up to 20 cm under beam, 40 cm additional mats for dismount
    - CCP 8: 15 and older (born 2011 or earlier): 125 cm
      10-14 years old (born 2012-2015): 110 or 125 cm
    - CCP 9, 10 and High Performance: 125 cm
- Coaches are allowed to instruct gymnasts what to test.
- Gymnasts will present to judge, show all skills, and present when finished.
- Judges will evaluate every element shown. For example, if the gymnast is showing a free hip circle on bars and precedes the free hip circle with a kip cast, all three elements will be evaluated and deducted accordingly.
- Judges will begin deducting with the first counting element and stop with the last counting element. For example: if the gymnast completes a free hip circle and stops by dropping to the floor, this is not considered a fall. Also, if a gymnast demonstrates a kip and stops, only the kip will be evaluated; but, if the gymnast does a kip with a cast, both elements will be evaluated and deducted accordingly.
- Vault for all HP and CCP athletes will be performed onto a hard 20cm landing mat placed in the pit at floor level. (Additional 10 cm allowed). Vault will be best counting vault out of 2 for these gymnasts. Option to vault on the floor: run restricted to 23 metres.
- On bars, all flight and turning elements must be followed by a counting skill to receive credit. For example, a blind hop, straddle back or Pak salto must be followed with a kip or sole circle and performed without foot support on the floor, to receive credit and CR. A hecht from low bar to high bar must be followed by a kip.
- Gymnasts may test a skill a second time if there is a fall. This does not apply to vault. There is a **maximum** of **one** time per event. Spotting is not allowed.
- Coaches may stand in as per CCP and Aspire 2 regulations on vault and bars. Touching the gymnast receives a zero score.
- Up to 20 cm of additional mats may be used for beam dismounts and for double saltos on floor.
- Up to 30 cm of additional mats may be used for bar dismounts.
- Double saltos on floor may be performed into the pit onto a hard landing mat with no deduction.
- Up to 10 cm of additional mats may be used for tumbling lines with single saltos.
- Up to 20 cm of additional mats may be placed under the bars.
- Composition deductions will be taken for all CCP levels.
- Bonus for D/E elements and connection value is not capped at 10.0 for CCP.

<u>Skill Demonstration:</u>

Gymnasts will be allowed to demonstrate additional “bonus” skills on each event. These skills will not be judged for execution. Gymnasts testing Aspire 2 will receive additional points each added to the D score on that event. Gymnasts testing CCP 9 and 10 or high performance will receive points depending on the DV of each skill as noted below. Gymnasts will only be allowed to attempt each demonstration skill once. No second attempts will be allowed. No spotting is allowed.

VAULT

- **High Performance**

	2011 & earlier	2012-2014
.1 bonus	3.6	2.9-3.4
.3 bonus	3.7-3.9	3.5-3.8
.5 bonus	4.0+	3.9+

Aspire 2: n/a

CCP Levels 8, 9 & 10

- Gymnasts may demonstrate 1 additional vault performed onto 20cm soft mats placed into the pit and piled up to floor height.
- No spotting allowed.
- Gymnast must land vault feet first and land or over-rotate in order for the demonstration skill to be awarded points.
- Gymnasts will receive the points following, depending on the DV of the vault.
- Levels 9,10,HP:the demonstration vault must be of higher value than the first vault if from the same family.
- Level 8: the demonstration vault must be a salto vault.

	Level 8	Level 9 & 10 (2011 & earlier)	Level 9 & 10 (2012-2014)
.1 bonus	n/a	9.5-9.6	9.6
.3 bonus	salto vault	9.7-9.8	9.7
.5 bonus	n/a	9.9+	9.8+

BARS

Aspire 2:

- Gymnasts can demonstrate any of the following skills that have not already been performed to fulfill requirements, (no maximum on bonus):
    - Forward Giant in straps or single bar
    - 3rd different circle element to handstand in straps or low bar
    - 2/1 flyaway: can be into pit onto soft mats 2m below the bar (+- 5cm)
    - Blind change: pit bar or unevens
    - Back giant ½ turn: 2 hand changes
- Gymnasts will receive .25 points for each demonstration skill.

CCP 8, 9 & 10 & High Performance:

- Gymnasts testing a CCP level can demonstrate a maximum of 2 additional bar skills performed on the single rail or into the pit onto specific height soft mat. HP athletes have no limit on additional bar skills performed on single rail or into pit soft mats 2m below the bar (+- 5cm)
- Flight elements

Same bar release: may wear heel pads
D+ Flight element LB to HB: may wear heel pads
Flight element HB to LB: may have 1 cm Gymnova mat over low bar and must show support before coming down.

- No spotting allowed.
- Gymnast must land dismount feet first in order for the demonstration skill to be awarded points.
- Gymnasts will receive .1 point for demonstrating a "C" skill.
- Gymnasts will receive .3 points for demonstrating a "D" skill.
- Gymnasts will receive .5 points for demonstrating an "E" skill.

BEAM

- Gymnasts testing a CCP level can demonstrate a maximum of 2 additional skills on beam (MAX 1 dance), HP & Aspire 2 athletes have no limit on additional skills performed. Skills must be performed

  on either a low 10cm wide beam, or a height appropriate beam, or dismount into the pit off of a low beam (distance from beam to soft mats into pit 40cm +-5cm).
  - Skills performed on the low 10cm wide beam or dismounts off low 10 cm wide beam into pit onto soft mats will receive **50% value**.
  - Skills performed on the height appropriate beam or will receive **100% value**.
  - 1 cm thick mat (Gymnova/Spieth) may be placed on the beam for C+ **acro skills only**

Aspire 2:

- Gymnasts can demonstrate any of the following skills that have not already been performed to fulfill requirements (no maximum on bonus):
  - Acro series with salto
  - Acro B connected to back layout salto with 1/1 twist
  - Additional salto or aerial
  - Dance C+: **FIG COP** - maximum 1
- Gymnast will receive .25 points for each demonstration skill shown on height appropriate beam or dismount into the pit off of a low beam (distance from beam to soft mats into pit 40cm +-5cm):
- All demonstration skills performed on a low beam will receive 50% value

CCP Levels 8, 9 & 10 & High Performance:

- CCP Levels 9 and 10: maximum 1 dance element
- Gymnasts must land with FIG contact in order for the demonstration skill to be awarded points.
- Gymnasts will receive .1 point for demonstrating a "C" skill.
- Gymnasts will receive .3 points for demonstrating a "D" skill.
- Gymnasts will receive .5 points for demonstrating an "E" skill.

FLOOR

Aspire 2:

- Gymnasts can demonstrate any of the following skills that have not already been performed to fulfill requirements (no maximum on bonus):

- C salto – pit
- Two salto series with 2B+ saltos
- Dance C+: **FIG COP** - maximum 1

- Gymnasts must land feet first for demonstration skill to count.
- Gymnasts will receive .25 points for demonstrating each skill.

CCP Levels 8, 9 & 10 & High Performance:

- Gymnasts testing a CCP level can demonstrate a maximum of 2 additional skills on floor. HP athletes have no limit on additional skills performed. Acrobatic skills can be performed into the pit with 20cm soft mats piled up to floor height.
- CCP Levels 9 and 10: maximum 1 dance element
- Gymnasts must land feet first in order for the demonstration skill to be awarded points.
- Gymnasts will receive .1 point for demonstrating a "C" skill.
- Gymnasts will receive .3 points for demonstrating a "D" skill.
- Gymnasts will receive .5 points for demonstrating an "E" skill.

SASK FIRST
Physical Evaluation

November 2, 2025
3:30pm -6:00pm
OR will begin 1.5 hours after the skills evaluation is complete
***Times may change once registration is finalized.**
Location: Marian Gymnastics Club

Warm-Up:

- Up to 20-minutes general warm-up.
- Gymnasts must test in the prescribed order, from 20 metre run, through to shuttle run.
- Link to physical testing protocol document is here:
  Physical Ability Testing Criteria Sask First Sept 23 2022.docx

- Links to physical testing standards are here:
  HP Sask First Physical Standards
  CCP 8, Sask First Physical Standards
  CCP 9 & 10, Aspire 2 Sask First Physical Standards

SASK FIRST
Tentative Calendar of Events

*Gymnasts are responsible for all provincial, inter-provincial and international meal purchases.

Sask First Calendar 2025-2026 Season

Last update: September 6, 2025

DATE	EVENT	LOCATION	WHO	VERIFICATION	COST TO ATHLETE
November 2	Sask First ID Camp	Marian	Selection by Invitation	n/a	Free
November 13-15	Sask First Training Camp	Saskatoon	Tiers 1,2,3	n/a	FREE
December 15	Mockmeet	TBC	Tiers 1,2,3	n/a	FREE
December	Sport Science Seminar	TBC	Tiers 1,2,3	n/a	FREE
February	Elite Canada	TBD	Tier 1 and potential Tier 1	n/a	Performance based funding
March 4-8	Gymnix	Montreal, QC	Tier 1 & Tier 2	Marian Classic	TBD*
March 28-29	Western Canadian Trials & 1st Trials for Canadians	Regina	All Tiers	n/a	Trial fee & Registration fee
April	Westerns Training Camp/Verification of alternates	TBD	Westerns Qualified athletes		FREE
April 23-26	Western Canadian Championships & 2nd Trials for Canadians	Whitehorse	Qualified Athletes	Westerns Training Camp	TBD*
May 1-3	Provincial Championships	Regina	All Tiers	n/a	TBD*
May 2026	Canadian Championships	TBC	Qualified Athletes	Provincials	TBD*
August 2026	Sask First Training Camp	Saskatoon	Tiers 1,2,3		FREE

*Sports Science training seminars as scheduled throughout the year

*30%-70% travel funding for athletes. Required team kit/uniform to be purchased at full cost. Final percentage will be determined by Nov 1st of each season, pending confirmation of location of each competition.

Gymnast Commitment Form

Sask First 2025-2026 TEAM

I, _____ declare that:

1. I will demonstrate on an ongoing basis the determination and commitment expected of a TEAM SASK gymnast.
2. I am expected to submit my training hours and training schedule to the HP Coach and/or designate on an annual basis.
3. I will follow the annual training/competition plan developed by my personal coaches and the HP Coach and/or designate.
4. Unless I am injured, I will attend all the activities I am selected for and follow the specific training plan or team preparation plan at camps.
5. I will compete at provincial competitions and attempt to qualify for Western Canadian Championships and Canadian Championships (tier 1 and age eligible tier 2) unless ill or injured.
6. I will strive to have excellent physical ability and maintain a physical condition in line with the status of a gymnast of my level.
7. I will strive to have excellent quality of my technique and execution.
8. I will increase my skill level on each apparatus on a continuous basis.
9. I will do my very best to perform successfully at inter-provincial and national competitions when representing Saskatchewan.
10. I will always behave according to the Gymnastics Saskatchewan Code of Conduct, policies, regulations and directives.
11. I will always behave in a friendly and respectful manner with other team members (gymnasts and team personnel).
12. I will be an excellent ambassador of Saskatchewan gymnastics.
13. I understand that my status as a Sask First gymnast may be reviewed and possibly withdrawn by Gymnastics Saskatchewan, or I may be placed on probation, at any time if:
    1. I am no longer performing at the level or in the environment, which warranted inclusion in my tier team.
    2. I fail to meet the expectations stated above to an extent deemed unacceptable by Gymnastics Saskatchewan.
    3. I do not abide by the Gymnastics Saskatchewan Code of Conduct, policies, regulations and directives.

My coaches are:

_____ _____

Print Name Print Name

Parent/Guardian:

_____ _____ _____

Name Relationship Signature

_____

Signature of Gymnast

Coach Commitment Form
Sask First 2025-2026 TEAM

I, _____ declare that:

1. I am interested in my gymnasts participating in the Sask First 2025-2026 Program.
   Expectations:
2. I will demonstrate on an ongoing basis the commitment, determination and excellence expected of a Gym Sask Coach.
3. I will ensure that my gymnast trains an appropriate number of hours for their level when involved in the Sask First program and submit their hours and training times to the HP coach or designate when requested.
4. I will work with the HP Coach to provide training, routine and goal setting information for my athletes.
5. I will allow the HP Coach to observe training, mock meets, testing and any other events at my club and work collaboratively with the HP Coach during these visits.
6. I will follow and provide input for the annual training/competition plan developed by the HP Coach or designate.
7. To the best of my ability, I will attend all the activities my athletes and/or I am selected for and follow the specific training plan or team preparation plan at camps. If I am unable to attend an event, I will make arrangements for my athletes to be able to attend in my absence, with a coach of the appropriate level.
8. I will ensure my gymnast attends provincial competitions and attempts to qualify for Western Canadian Championships and Canadian Championships.
9. I will always behave according to Gymnastics Saskatchewan Code of Ethics, policies, regulations and directives.
10. I will always behave in a friendly and respectful manner with other team members (gymnasts and team personnel).
11. I will be an excellent ambassador of Saskatchewan gymnastics.

_____ _____

Print Name Signature Date