2027
MANITOBA PROVINCIAL TEAM PROGRAM FOR RHYTHMIC GYMNASTICS

The following are due November 15, 2026

- Registration and Athlete Agreement
- Payment of the registration fee
- Birth Certificate (if not already on file)

RGM Mailing Address:
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THE PROGRAM

The Rhythmic Gymnastics Manitoba Provincial Team Program is designed to provide performance enhancing opportunities to selected group of athletes who strive for national excellence.

The Manitoba Provincial Team Program has been one of the cornerstone programs of the RGM for the last three decades, delivering programs for the athletes with talent, aspiration, and commitment to compete at the national and international levels.

Every year in June, Rhythmic Gymnastics Manitoba selects the six (6) top Seniors, six (6) top Juniors, six (6) top Novice and six (6) top Pre Novice. The athletes are chosen based on selection criteria taking into consideration results from National competitions. There are additional opportunities to join the provincial team as part of an eligible National level group.

Throughout the year the athletes spend 15 - 21 hours per week at minimum cultivating physical fitness and sport specific skills in their own clubs. In addition, these athletes are also involved in performance enhancement programs designed specifically for the Provincial Team members. These programs include ballet classes, sport psychology, nutritional education and skill evaluation delivered by experts in those fields. The Provincial Team Athletes represent Manitoba at Elite Canada, the Western Regional Championships, and the Canadian Championships.

THE FACILITY

The Manitoba Provincial Team Athletes will train through their clubs at the University of Manitoba Max Bell Center Field House. For 3-6 hours, seven days a week, two training areas within the Field House become a rhythmic gymnastics training facility offering 40 feet ceiling

free of obstruction and 15m x 15m Mitufa FIG approved carpets. 15 hours of this time is specifically designated for the Provincial Team.

PROGRAM GOALS

1. To aid present National Team/High Performance category athletes to improve their performance in National and International competitions.
2. To implement a program for Manitoba Novice, Junior, and Senior Provincial Team athletes who demonstrate the potential for National Team/High Performance.
3. These programs are National Stream Programs. The objective is to provide an environment of excellence encouraging attainment of personal best in rhythmic gymnastics National Stream competitions.

   These goals will be attained by:
   - Developing athletes in all areas of technical, psychological and physiological development; and
   - Ensuring Provincial Team athletes have adequate competitive opportunities of national and international caliber.

THE ATHLETES

This program is open to any gymnast residing in Manitoba who meets Qualification Criteria.

The following Qualification Criteria is used in the following order to select the Eligible Provincial Team Individual Athletes:

1. Athletes that qualify for and compete in the individual competition at Canadian Championships will be given the top ranking(s) in their age division.

2. Athletes returning from National Team Group or Individual will be given the next top ranking(s) in their age division.

3. Remaining spots, as selected by RGM, will be awarded through qualification via the ranking system outlined below. Positions will not be offered to athletes ranked lower than tenth in the Senior, Junior, Novice and Pre Novice categories.

PETITION PROCESS THROUGH RGM.
Petition for a spot on the Provincial Team shall be administered according to the RGM Technical Regulations and Operational Guidelines Reg. 2.5.

RANKING SYSTEM CALCULATION TO SELECT INDIVIDUAL PROVINCIAL TEAM ATHLETES
This system is applied to the Western Regional Championships. The ranking will be based on the all-around score. The athletes ranked first through sixth in Junior and Senior, first through sixth in Novice and Pre Novice. In addition to the top six in each category, any individual who has achieved 80% of the first ranked positions total score in their category, will be offered a position on the provincial team.

The following Qualification Criteria were used in the following order to select the Eligible Provincial Team Group:

1. The top Manitoba group that qualifies for and competes in the group competition at Canadian Championships will be given the title of Provincial Team Group.

THE COACHES

Shari Hebert has been identified as the Provincial Team Coach for 2026-2027 season. Athletes may choose to train with any NCCP Level 3 (or above) coach that is in good standing with Rhythmic Gymnastics Manitoba.



Shari Hebert is an NCCP Level 4 coach and Brevet 3 judge, has made a remarkable impact on rhythmic gymnastics. Committed to advancing the sport, she plays a key role in the Sport Manitoba Coaching Female Mentorship Program. Through her leadership, passion, and unwavering support, Shari continues to inspire athletes to excel, remain engaged, and thrive—both in sport and in life.

https://rgmanitoba.com/2025/04/22/sport-manitoba-coach-of-the-year-shari-hebert/

RHYTHMIC GYMNASTICS MANITOBA PROVINCIAL TEAM PROGRAM

1. **2027 PROVINCIAL TEAM FEE** - **$250.00 per athlete** to be paid to the RGM prior to November 15, 2026. *(Fee includes membership with RGM & Gymnastics Canada, included in the club's registration form)*
2. **PROVINCIAL TEAM BENEFITS –** Provincial team athletes will have access to the following benefits:
   - Access to performance enhancement sessions conducted by the experts in the field at no charge.
   - Entry Fees to the Western Canadian Championships, Canadian Championships and Elite Canada paid for by the Provincial Team Program.
   - Access to Travel Subsidies to Western Regional Championships, Elite Canada, and the Canadian Championships paid for by the Provincial Team Program.
   - Access to the Directed Financial Support.
   - Access to Other subsidies.
   - Access to new Provincial Team uniform every two years.

3. PAYMENT OF REGISTRATION FEES

RGM will pay for the following registration fees for individual competition to the following events for provincial team athletes that qualify.

a) Elite Canada Registration Fee
b) Western Canadian Championships Registration Fee
c) Canadian National Championships Registration Fee

4. TRAVEL SUBSIDIES

RGM will provide travel subsidies for individual competitors to the following events for provincial team athletes that qualify for these events. Athletes are responsible to pay for their own expenses up front. The travel subsidies will be issued after completion of each event.

a) Elite Canada ($100.00)
b) Canadian National Championships ($100.00)
c) Western Regional Championships ($100.00)

5. DIRECT FINANCIAL SUPPORT (DFS) FOR THE PROVINCIAL TEAM ATHLETES

RGM will make a financial contribution to gymnasts attaining the following placing at the Olympic Games, World Championships or National Championship:

PRIORITIES	RANKING	AWARD
1	Top 8 in the World	$1500
2	Top 4 L10 Senior at Nationals	$1500
3	Top 4 L10 Junior at Nationals	$750
4	5th-10th L10 Senior at Nationals	$1000
5	5th-10th L10 Junior at Nationals	$500
6	11-19th JuniorO/JrH Combined. Comp A Nationals	$300
7	11-19th SeniorO/SrH Combined. Comp A Nationals	$300
8	Top 4 Novice at Nationals	$500
9	5th-10th Novice at Nationals	$250

10 Provincial Champions JuniorH & SeniorH $200

11 Provincial Champions Pre Novice, Novice, JuniorO & SeniorO $200

Note: Point 10&11 will be distributed only when the athletes in the above mentioned categories are minimum 6

This support will be provided for the following competitive year (i.e. October 2027) provided that the athlete accepts the terms and conditions of becoming a Provincial Team Athlete.

PROVINCIAL TEAM UNIFORMS

Each new Athlete and every two years thereafter, the Provincial Team Athlete is fitted in October for a Provincial Team competition tracksuit. Provincial Team tracksuits cannot be sold or traded to a non-member of the Provincial Team as the suit signifies earned status on the Provincial Team. The tracksuit becomes the property of the athlete after the competitive year.

EXPECTED MINIMUM TRAINING STANDARD REQUIREMENT

Senior Level Athletes - 21 hours per week.
Junior Level Athletes - 18 hours per week.
Novice and Pre Novice Level Athletes - 15 hours per week.

PROVINCIAL TEAM PROGRESS MONITORING

Testing is incorporated into the athletes' yearly plan to help monitor the athlete's progress within their own training programs. The Athletes' Provincial Team Coach periodically submits these results to the RGM office.

TRAINING SCHEDULES AND YEARLY PLAN

Provincial Team Athletes have benefit of personalized Annual and Long Term Plans, developed by the Provincial Team Coaches.

TRAVEL FEES TO COMPETITIONS

The gymnasts are responsible for their own travel expenses and travel arrangement to out-of-province competitions. These arrangements should be made through your Provincial Team Coach. The expenses include airfare, meals, accommodation and registration for competitions (except as listed above).

COMPETITION SIMULATIONS

Provincial Team Athletes and their provincial coach will be provided with an opportunity to perform their program(s) at controls in front of judges. At the conclusion of the routine, the athlete and their provincial coach meet with the judges and are provided with feedback to review and critique the routine. There is the possibility of bringing in out-of-province judges if funding is available.

ATHLETE EDUCATION

The GCG-RG and RGM continue to support a system to ensure athletes continue their education by monitoring and sharing information provided by the CCSM, and alternate schooling opportunities which deliver programs designed to accommodate the training needs of competitive athletes. Currently athletes attend such a program offered by Vincent Massey Collegiate in Winnipeg.

EQUIPMENT

Each gymnast is responsible for purchasing their own equipment and apparatus for her competitive program.

NATIONAL SPORT TRUST FUND

The National Sport Trust Fund (NSTF) is a philanthropic gift-giving program established through the Canadian Council of Provincial and Territorial Sport Federations. Rhythmic Gymnastics Manitoba has an approved project, **Rhythmic Gymnastics – Team Development Fund.** Our fund manager, Sport Manitoba, is able to issue an official tax receipt for all qualifying donations of $20 or greater.

APPENDIX A

ATHLETE AGREEMENT

Revised September 2026

As a member of the Rhythmic Gymnastics Manitoba (RGM) Provincial Team, it is my intention to represent the RGM and my Province with dignity and with a positive image in and out of the gymnasium. With this in mind, I understand and will conform to the following conduct code.

A. CONDUCT CODE

GENERAL:

1. I will **conduct** myself at all times in a manner beneficial to the Manitoba Rhythmic Gymnastics Provincial Team Program. Clean and neat appearance and attire is essential. I will wear the Provincial team uniform at the following competitions: Western Regional Championships, Elite Canada, Canadian Championships, and Provincial Championships.

2. **Respect** and **consideration** towards the public, coaches, volunteers and other gymnasts is a must. I will not use foul language in or out of the gym. I will respect all rules of the facility. I will conduct myself on social media in accordance with the RGM Social Media policy.

3. I understand that smoking has harmful health and performance effects and therefore agree not to **smoke,** including electronic devices. Any involvement with illegal non- prescription drugs will mean suspension. I am responsible to check against the current **banned substances** and disclose any prescription or non-prescription drugs I am taking.

4. The consumption of alcoholic beverages is forbidden for athletes under the age 18. Athletes who are 18+ are not forbidden from consuming alcoholic beverages, however, the following must be adhered to:

- Under no circumstance is an athlete of the age of majority to supply alcohol to underage athletes.
- Consumption of alcohol is forbidden during competition events
- The consumption of alcohol must not affect training or interfere with the athlete's ability to train.
- Athletes who choose to consume alcohol at formal social events (e.g. competition banquet/social evening), are expected to behave in accordance with the Athlete Code of Conduct at all times.

5. I will not contract with manufacturers, suppliers or retailers (material or financial) without advance **approval** from Rhythmic Gymnastics Manitoba.

6. I will not trade or sell the **Provincial Team Uniform** to a non-member of the Provincial Team.

7. I will attempt to cooperate with the **media** whenever possible and where competitive performance is not put at risk. I will not get involved in negative publicity against the program or the Association.

8. I will abide by the **rules** of the F.I.G., Gymnastics Canada, Rhythmic Gymnastics Manitoba and the Manitoba Rhythmic Gymnastics Provincial Team. I will not break any Provincial, State, or Federal Law.

9. I will remember that I am representing all Rhythmic Gymnastics Manitoba members in the Province and that my **behaviour** is a reflection on us all as well as the Province.

10. I am **liable** for recovery of damage charges should any such charges be levied for damages done to any facility used or occupied by me or any equipment lent to me, either alone or in conjunction with others.

11. I understand that the Team Coach & Team Managers are required to submit a report to Rhythmic Gymnastics Manitoba following each event represented by the Manitoba Team, and may be required to **assess the conduct** and performance of each team member.

PROGRAM

1. I will strive to meet my training and competitive **goals**, set out in my annual training plan, to my best abilities.
2. I will be on time for all **practices, competitions, meetings**, etc.
3. I will **report** to the Coach three weeks in advance my intent of not attending training sessions, camps or competitions. Members may be excused for educational, vocational or medical reasons.
4. I will keep personal training and competition **records** as instructed by the coach and submit same to the coach for review when request.
5. I will diligently carry out the annual **training plan** set out by the Provincial Team Coach:
   a) Attend all training sessions,
   b) Do all exercises as required to help me perform at my optimum,
6. I will attend all training sessions as planned and no less than 80% within the competitive year.
7. I agree to attend all performance enhancement classes (including, but not limited to, ballet, nutrition, and sport psychology sessions).
8. I, with the assistance of my parents/guardians agree to **compete** in the following competitions: Elite Manitoba, Provincial Championships, Western Regional Championships and Canadian Championships.
9. I will strive to achieve my **goals** and **objectives** in all aspects of my preparation and those of the team.
10. I will participate in all **testing** and **evaluation** sessions in order to assist the coach in monitoring progress in all aspects of my preparation.
11. I agree to periodic **health check-ups** by a qualified Sports Medicine Physician/or Family Physician in order to ensure the best possible health care. I will submit to a pre-season medical check and provide the RGM office with the Medical Statement signed by my physician prior to the start of training season. Medical statements will not be collected for Winter 2025.

TRAVEL

1. The coach is in full charge of the gymnasts and shall use her/his discretion as to **compliance** with accepted rules of conduct.

2. The coach will set a reasonable **curfew** and I will observe said curfew or risk suspension

CONSEQUENCES

1. If I miss practices and/or mandatory competitions without justified reasons accepted by RGM, I may be **replaced** on the Provincial Team.
2. If a breach of conduct occurs, the coach will call a meeting with my parents or guardians and RGM representative to discuss the issue. If my conduct there after does not improve and a second meeting is called with my parents, **a letter of warning** will be placed in my file and I will be put on 1 - 3 month probation. If my coach's assessment is that my conduct has not improved to an acceptable level while on probation, I understand that I will be immediately **dismissed** from the program.
3. If a breach of conduct occurs on team travels, the coach will contact the parents of the gymnast and arrange the immediate transportation home at the **expense of the gymnast**.
4. Failure to attend **three** performance enhancement sessions, including ballet, nutrition, and sport psychology sessions without a valid excuse, will result in a probationary period, where competition expenses will be at the expense at the gymnast. Attendance will be taken at all sessions and will be monitored. Continual failures to attend classes will result in dismissal from the program.

B. LIABILITY

Rhythmic Gymnastics Manitoba accepts no liability or responsibility for breach of custom or other laws, or for injury to the member of the RGM Inc. Provincial Team who hereby acknowledges same and agrees to indemnify and save harmless the Association from any claim or demand whatsoever arising there from. Further, the athlete waives and releases any and all right and claim for damages which she may have against the Association, its officers, and coaches, for any and all injuries suffered by her.

This agreement shall be in effect as long as I am a member in good standing of the RGM Provincial Team for the period from **January 1st to August 31st, 2027**

ACCEPTED BY:

_____ _____

(ATHLETE) (DATE)

_____ _____

(PARENT/GUARDIAN (if under 18)) (DATE)

_____ _____

(RGM INC. EXECUTIVE MEMBER) (DATE)

APPENDIX B PROVINCIAL TEAM PROGRAM 2027 REGISTRATION FORM

Gymnast Name:

Phone:

Address:

Date of Birth (DD-MM-YYYY):

Citizenship:

Guardian Name: Relationship to Athlete:

Email Address:

Coach's Name:

I, participant or parent/guardian, (if under 18), have read the 2027 Provincial Team Registration Package and have had an opportunity to obtain an explanation as to its contents. I/ we accept the obligations that come with the Provincial Team membership. I/we hereby wish to register our daughter/myself for the 2027 Provincial Team Program commencing January 1st and ending August 31, 2027.

We hereby include payment for the 2027 Provincial Team Program registration fee in the form of a cheque in the total amount of $250.00. I understand that this amount is non-refundable. Failure to provide the amount of $250 and the required forms by November 15th, 2026 will be taken as a refusal to accept the position on the team.

I/we have read and understand the above terms of the Provincial Team Program registration and our commitment to comply with the terms as outlined in the Athlete Agreement document.

(Both Parents or Guardian)	Date
(Provincial Team Head Coach)	Date