



The Ontario Gymnastics Federation  
Announces the  
ENHANCEMENT ADVANTAGE PROGRAM

The goal of the “Enhancement Advantage” Program is to expand the pool of talented Ontario athletes and teams and enhance the ability of athletes within the province to compete and succeed at the national level.

The “Enhancement Advantage” Program will ensure the competitive readiness of Gymnastics Ontario’s athletes and coaches. By offering training camps in foreign countries, additional resources and by bringing into Ontario, elite level coaches, Ontario’s athletes and coaches will be able to strive to higher levels of international success.

This program will include four Olympic disciplines: Women’s Artistic (WAG) in the Pre-Novice, Novice and Level 9 categories; Men’s Artistic (MAG) in the Argo, Junior and Novice categories, Rhythmic (RG) junior team and Trampoline (TR) levels A and B. The program will include 10 WAG athletes, 6 MAG athletes, 8 TR athletes and 20 RG athletes. Coach participation will be based on one coach per athlete in each discipline: WAG 10 coaches, MAG 6 coaches and TR 9 coaches. RG will include one coach per athlete.

The program was initiated on May 3, 2010 and will be completed by March 13, 2011.

Training Camps have been scheduled as follows:

RG	July 12-15, 2010	Spain Training Camp (Mirabella, Spain)
MAG, WAG, TR	August 8-14, 2010	Camp Woodward (Woodward, Pennsylvania)
WAG	November 4-7, 2010	Karolyi Camp (Houston, Texas)
MAG	November 11-14, 2010	Olympic Training Center (Colorado Springs, CO)
TR	Dates TBD	Training Camp (Ontario)
MAG, WAG	Dates TBD	Training Camp #1 (Ontario)
MAG, WAG	Dates TBD	Training Camp #2 (Ontario)

For more information on the Enhancement Advantage Program please contact:

Sean Holmes,  
Technical Director,  
Ontario Gymnastics Federation

[sholmes@ogf.com](mailto:sholmes@ogf.com)  
Tel: 416-426-7098  
Toll Free: 1-866-565-0650