

Rising Stars Camp 2011 Report



There were 26 athletes registered for the Rising Stars Camp. Four athletes registered on the day of the camp, which brought the total number of athletes to 30. There were six coaches in total who were invited to conduct the body and apparatus technique portion of the camp. The camp ran accordingly to the detailed schedule. The afternoon of the camp was adjusted to accommodate two provincial level coaches as one of the coaches had to leave due to another commitment. Having four coaches in the afternoon worked very well, as there was a good athlete-coach ratio. The groups were small enough to allow each athlete to get adequate individual attention. Between 11 am and 2 pm, the athletes had an hour-long session of sport psychology with one of the coaches, Shari Hebert. Following the session was a pizza lunch provided by RGM, and an hour-long ballet session conducted by one of the coaches, Tracy Chu. The athletes really enjoyed working one-on-one with the coaches, as they provided developmental skill training in body technique and apparatus.

