

NOVA GYMNASTICS PRESENTS

ELLIE BLACK TRAINING DAY

SOLD
OUT

~~MAY 30TH & 31ST~~
EXTRA DAY ADDED - JUNE 1st!!

Open to all Gymnastics Ontario
competitive athletes L5+ \$395.00/athlete
(choose either May 30 or May 31st)

Register for June 1st

- Warm up, train and condition with Ellie
- Get a custom DNA Leo
- Photo and autograph session
- Must have club coach in attendance
- Additional sponsorship opportunities

 **SPIETH**



Ellie Black

NOVA GYMNASTICS | 110 ANNE ST. S BARRIE WWW.NOVAGYMNASTICS.CA

ELLIE BLACK TRAINING DAY

Nova Gymnastics is proud to host an exclusive training experience with four-time Olympian Ellie Black. This is a rare opportunity for competitive athletes to train directly with one of Canada's most accomplished and respected gymnasts.

Event Overview

This is a structured training day that includes:

- Warm-up led by Ellie Black
- Apparatus coaching and targeted feedback
- Catered snack break
- Conditioning session
- Motivational talk and athlete Q&A
- 45-minute autograph and photo session
- Exclusive custom DNA Leotard for all

(will be contacted to confirm size)

- Athletes will rotate in small groups to ensure quality interaction and coaching time.

Eligibility Requirements

To register, athletes must:

- Be a registered Gymnastics Ontario (GO) competitive athlete for the 2025/2026 season
- Be a minimum of Level 5 or actively training a minimum of Level 5 skills
- Attend with a GO Member coach, required ratio: 1 coach per 4 athletes - Each athlete must attend with a coach. Coaches must remain onsite and actively supervise their athletes throughout the event.

Spectator Policy

This is a closed training event. No spectators or viewing permitted

- Parents and family members are not permitted in the gym during training
- This ensures a focused, athlete-centred environment.

Event Details*

Training Times:

10AM-3PM (Sat/Sun)

9AM-2PM (Mon)

Athlete Fee:

\$395/ Coach Fee: \$25 +HST

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Facility

Nova Gymnastics Academy

110 Anne St. South Unit 17

Barrie, ON L4N 2E3

705 985 6682 | registration@novagymnastics.ca

Registration

Registration opens to the public on March 9th

- Clubs or parents can complete the registration on line
- All payments will include HST
- Please confirm with your club and coaches prior to registration. No unaffiliated athletes are permitted to register.
- Please read the registration conditions carefully.
- Ensure athletes meet the minimum level.
- No refunds, unless the spot can be filled - switching days permitted as long as there is space.

Space is Limited

Participation is capped at 32 athletes per day to ensure a meaningful and focused experience.

We anticipate strong demand and encourage early registration. Registration is for one day.

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