

WRGA

2026-2027



**WINNIPEG
RHYTHMIC
GYMNASTICS
ACADEMY**

**NATIONAL STREAM
PROGRAM**

WRGA MISSION STATEMENT

WRGA empowers female athletes through physical and mental training, supporting our athletes by helping them to achieve their goals. We endeavour to build confidence, skill mastery and excellence through the sport of rhythmic gymnastics.



RHYTHMIC GYMNASTICS

Rhythmic gymnastics is an aesthetic sport that combines elements of gymnastics, ballet, dance, and apparatus manipulation. The sport is characterized by graceful, artistic, and fluid movements set to music, with competitors performing routines showcasing their strength, flexibility, coordination, and creativity. Key apparatus in rhythmic gymnastics include rope, hoop, ball, clubs, and ribbon.

Rhythmic gymnastics encompasses flexibility, strength, endurance, coordination, precision, expression, and creativity. Gymnasts perform 2-4 individualized routines set to music, judged on artistic and technical skills. Routines must include elements of dance, acrobatics, and apparatus handling performed in a flowing and expressive manner.



Responsibilities & Expectations of TEAM WRGA

WRGA STAFF

Athlete focused training programs
Goal Orientated Progress Checks
Skill building exercises
Encouragement
Empowerment through sport
Out of Province Competitions
Team Building Events
Respect



WRGA ATHLETES

Dedication
Effort
Skill Mastery
Focus
Correction work
Commitment
Attendance
Positive Attitude
Respect

MEET TEAM WRGA

Head Coach Alexandra Yarema

Head Coach and co-founder Alexandra Yarema has been involved in the sport of rhythmic gymnastics for over 18 years as an athlete, coach and program developer. Coach Alex is Certified Competition 1 Coach, Certified Competition 2, and a Nationally Certified Judge. Alex is a Canadian National Champion, Western National Champion, and Provincial Champion. She was also on the Canadian Senior High Performance Team and achieved a spot on the Canadian National Team before her retirement in 2021. Alex is the program developer for WRGA Mini Stars, WRGA Rising Stars and WRGA Competitive.





MEET TEAM WRGA

Coach Yurel Markov

Coach Yurel is a former rhythmic gymnast who competed in International competitions before relocating to Canada and joining WRGA in 2024. Yurel has a keen eye for detail and works with each athlete to help them achieve their personal goals in this sport.

Here at WRGA, Yurel coaches recreational, pre-competitive, competitive, and national-stream athletes alongside Head Coach Alexandra Yarema, helping develop young gymnasts in Manitoba.



MEET TEAM WRGA

Founder & Director Kristin Riley

WRGA founder Kristin Riley established Winnipeg Rhythmic Gymnastics Academy in 2024. Kristin is an involved sports mom who saw a need for a different type of Rhythmic Club in Manitoba, and established WRGA. Since beginning with a Competitive program that included National Stream athletes, WRGA has grown to include recreational and pre-competitive programming. Kristin has a background in business, being self employed for many years. Kristin believes that success comes from the top of any organization, and works with coaches and athletes behind the scenes to ensure their success.

NATIONAL STREAM COMPETITIVE



NATIONAL STREAM Entry into this level is by invitation only. This is the most advanced level of competition. WRGA Head Coach Alexandra Yarema designs a personalized training program for each athlete. Great care and attention to detail is given to customizing training programs.

From Choreography to Post Competition training, our program is designed to help each individual athlete achieve their goal. Athletes in this program are required to train for the recommended hour requirement of 16 hours.

National stream athletes are divided by age specific categories: Pre Novice, Novice, Junior, Senior. These levels have four routines with apparatus varying for each level. Athletes in this category are eligible to compete at Elite Canada & Canadian Championships.



WRGA Elite National Stream Program Features

- Customized training programs
- Strength and Conditioning
- Flexibility and Coordination Development
- Apparatus technique and skill
- Artistry development & technique
- Goal Oriented training program
- Ballet Training
- Accredited, certified and experienced Coaches
- Mental training to prepare athletes for competitions
- Team Building and Team Support
- Out of province competitions
- Special guest training and workshops
- Recognition of Achievements and personal growth



WRGA Elite National Stream Program Details

- WRGA National Program is a year long program, 10 months of regular training with 2 summer intensive sessions, a 2 week period in July, and a 2 week period in August.
- WRGA monthly training fees are the yearly training fee broken down into 10 payments. Refunds are not issued for missing training for any reason, and holds are not given unless a Doctor's note is provided.
- Monthly fees should not be considered a guarantee of the number of training sessions and hours per week.



WRGA Elite National Stream Program Details

- Actual hours in any given week/month may vary according to training demands, competition schedules, statutory and civic holidays, school breaks, or club events. This includes full/partial weeks off training during school breaks as these times off are included in the calculation of the annual fees. Training will generally not be offered on civic or statutory holidays, except as planned during competition season.
- As a National Stream athlete, no more than 3 missed trainings are allowed per month. If there are circumstances which prevent an athlete from training, WRGA requires notice from the athlete's parent or guardian in advance so that training can be modified if necessary.



WRGA Elite National Stream Program Details

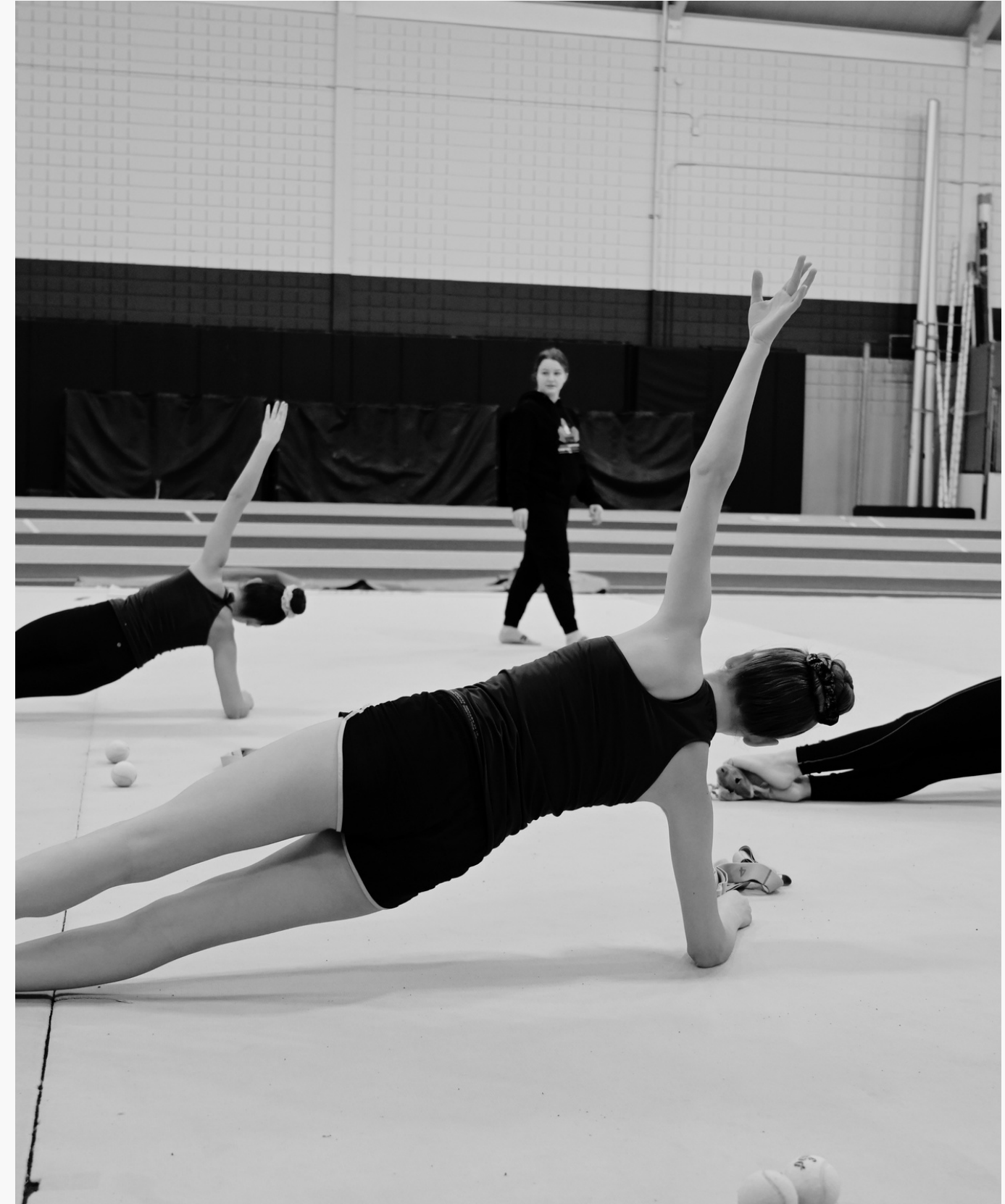
- WRGA practices are closed to spectators/parents, in order to eliminate distractions and loss of focus for athletes. Parents are welcome to drop their athlete off, and come to watch for the last 15 minutes of practice. There will be times when parents and families are invited to come and attend. We ask that all parents & family members respect our policy regarding this.
- Participation in competitions is required. Out of province competitions for National Stream athletes are imperative for the athletes growth & development, and are part of the National Stream program.
- We ask that all WRGA athletes and families abide by our code of conduct.



WRGA Training Outline

A typical WRGA training session includes:

- Set up/ Organization
- Daily Goal Setting
- Warm Up (injury prevention, cardio, conditioning, stretching, ballet)
- Specific training (lines, body difficulties, stations, apparatus)
- Routines
- Cool Down



WRGA Elite National Training Outline

Summer Intensive

- Foundation building, physical preparation for new skills, strength, flexibility, power, endurance, apparatus technique, routine development

September/October

- Routine work & mastery

December

- Training and routine performance in competition situations

January-May

- Competition Season

May/June

- Skill Development



COMPETITIVE PROGRAM MAP



Provincial
Stream



At least one full year of competition at the provincial stream level.
Athletes show an increased mastery of apparatus and body skills for their level, demonstrated by high scores and coach recommendations.



Western
Stream



Athlete shows potential for National Stream through skills, commitment and competition.
Athletes are ready to commit most of their free time to training and attending competitions.



Western
Stream



National
Stream

Entry to this level is by invitation only. Athlete attendance, commitment, skill mastery and potential are all taken into account when evaluating Athletes for this level.

WRGA UNIFORM REQUIREMENTS/Dress Code



All WRGA competitive athletes must abide by the following dress code:

1. Purple Venturelli Tank Top
2. Black Leggings or shorts
3. WRGA Venturelli Team Jacket
4. Toe Shoes
5. Hair pulled back into a neat bun or ponytail. Bangs must be pinned back at all times.

Upon registration, WRGA will advise of individual equipment and where to purchase needed uniform items.

WRGA Competitive Details

WRGA Competitive: Competitive Program. Hours of training vary depending on level. Levels are confirmed by the Coach once the Athlete has been assessed.

University of Manitoba, Max Bell Centre: Beginning September 2026

Coaches: Head Coach Alexandra Yarema, & Coach Yurel Markov

Choreography Fee: \$40.00 per routine, billed in October 2026

Competition Fees: Vary by competition and number of routines performed.

Program Fees: Based on number of training hours. WRGA will advise once athletes are assessed.

Refunds

When a refund or cancellation is requested, fees will be prorated from the date of Doctor's note. The RGM fee is non refundable.

Payments can be made via e transfer or credit card.

Follow Team WRGA

YouTube: @winnipeg rhythmic

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