



2026 Rhythmic Gymnastics Continental Training Camp

Information Pack

Version 1.1 – current as 22.9.26

General Information

Dates: 7th to 11th December 2026

Location: State Gymnastics Centre (SGC), Melbourne

Organisers: Oceania Gymnastics

Event Information

Welcome to the **Oceania Gymnastics Continental Training Camp**, a premier high-performance event uniting the region's finest Rhythmic Gymnastics talent. This camp serves as a vital pathway for both **Performance and Development athletes and coaches**, to elevate technical precision, foster artistic innovation, and build a stronger, more connected gymnastics community across Oceania.

By bringing together diverse perspectives, world-class expertise, and passionate athletes, this camp aims to raise the competitive standard of our region. Whether preparing for the international stage or mastering foundational excellence, participants will leave inspired, empowered, and equipped for success.

Training Venue

The State Gymnastics Centre (SGC)

41 Green Street, Windsor VIC 3181

Website: <https://vic.gymnastics.org.au/state-gymnastics-centre-activities>

Dates

7th Dec Travel Day

7-11th Training Camp

11th Dec Travel Day

Schedule

Prior to arrival a schedule will be provided for all coaches and athletes.

A final copy will be provided in your handbook which you will collect during registration and induction.

Each day will include 2 training sessions, athlete & coach education sessions plus other various activities.

Flight schedule is provided below.

Expert Coaches

Spela Dragas Mohar

Highly accomplished and internationally experienced Rhythmic Gymnastics Technical Director, Coach, and FIG First-Level International Judge with over two decades of expertise at the elite federal level. Proven track record of developing and coaching top-tier individual and group gymnasts for major international competitions, including the Olympic Games (Tokyo 2020), World Championships, and European Championships. Certified FIG Academy Level 1, 2, and 3 Coach, FIGI Federal Coach, and long-standing national lecturer with extensive experience shaping competitive programs in both Italy and Slovenia.



Tara Dragas



Professional rhythmic gymnastics athlete in optimal physical condition, with more than 13 years of experience and several achievements in international competitions. Highly motivated and attentive to feedback from coaches and teammates, consistently working to strengthen endurance, skills, and overall performance. Her major achievements include winning Gold at 2025 World Cup on the ribbon, Bronze medal in the all around. Silver in 2024 and 2025 European championships 4th in the ball final at 2026 World Championships.

Expert Presenters – Coach/ Athlete Education Program

To support the holistic development of athletes and coaches, Oceania Gymnastics has engaged a range of expert presenters who are leading practitioners in their field, to facilitate a range of professional/ personal development and educational learning opportunities that will complement the technical aspects of the Training camp. This has been identified as a point of difference in regular programs not often addressed.

Categories of athletes

- Level 10 and Level 9 (14years and above)
- Sub- Junior 10-11years Pre – Junior 12-13 years
- Juniors 14-15 years Senior 16+ years

Coaches

Performance & Development Coaches - Coaches who have athletes in the camp, will be fully immersed and integrated into all camp programs and activities, in addition to the technical sessions coaching on the floor with their athletes.

Emerging Coaches (observers) - Other coaches who wish to attend as observers, with a focus on their professional development and learning, are also welcome to attend and should not miss the opportunity to learn from world leading experts.

Judges

Opportunities for judges to be involved in the program is being developed with professional development sessions integrated into the camp. Please contact OGU for more information or to express your interest.

Flights

All athletes and coaches are responsible for organising and purchasing their own flights to and from Melbourne. This applies to both domestic travel within Australia and international travel from New Zealand or other countries.

Participants must ensure their travel plans align with the official camp schedule and the airport transfers

The below flights are the required flights to be booked should you wish to be included in the pre-arranged airport shuttles organised by OGU. Any location not covered in this list, please discuss with OGU prior to making any booking.

Arriving							
	Flight	Depart	Date	Time	Land	Date	Time
NZ	Air NZ NZ121	Auckland	Mon 7th Dec	855am	Melbourne	Mon 7th Dec	1055am
	Air NZ NZ406	Wellington	Mon 7th Dec	630am	Auckland	Mon 7th Dec	735am
	Air NZ NZ121 connect	Auckland	Mon 7th Dec	855am	Melbourne	Mon 7th Dec	1055am
	Qantas QF5564	Christchurch	Mon 7th Dec	915am	Melbourne	Mon 7th Dec	1105am
Aus	Virgin VA308	Brisbane	Mon 7th Dec	655am	Melbourne	Mon 7th Dec	1015am
	Qantas QF613	Brisbane	Mon 7th Dec	7am	Melbourne	Mon 7th Dec	1030am
	Virgin VA824	Sydney	Mon 7th Dec	9am	Melbourne	Mon 7th Dec	1035am
	Qantas QF425	Sydney	Mon 7th Dec	9am	Melbourne	Mon 7th Dec	1035am
	Virgin VA212	Adelaide	Mon 7th Dec	840am	Melbourne	Mon 7th Dec	1030am
	Virgin VA686	Perth	Mon 7th Dec	6am	Melbourne	Mon 7th Dec	135pm
	Qantas QF1407	Canberra	Mon 7th Dec	855am	Melbourne	Mon 7th Dec	1015am

Departing							
	Flight	Depart	Date	Time	Land	Date	Time
NZ	Air NZ NZ126	Melbourne	Fri 11th Dec	710pm	Auckland	Sat 12th Dec	1250am
	Virgin VA7026	Melbourne	Fri 11th Dec	710pm	Auckland	Sat 12th Dec	1250am
	Air NZ NZ122	Melbourne	Fri 11th Dec	620pm	Wellington	Fri 11th Dec	1155pm
	Air NZ NZ216	Melbourne	Fri 11th Dec	710pm	Christchurch	Sat 12th Dec	1235am
Aus	Virgin VA349	Melbourne	Fri 11th Dec	750pm	Brisbane	Fri 11th Dec	9pm
	Qantas QF1268	Melbourne	Fri 11th Dec	820pm	Brisbane	Fri 11th Dec	935pm
	Virgin VA891	Melbourne	Fri 11th Dec	8pm	Sydney	Fri 11th Dec	925pm
	Qantas QF490	Melbourne	Fri 11th Dec	810pm	Sydney	Fri 11th Dec	935pm
	Virgin VA247	Melbourne	Fri 11th Dec	750pm	Adelaide	Fri 11th Dec	840pm
	Virgin VA701	Melbourne	Fri 11th Dec	755pm	Perth	Fri 11th Dec	910pm
	Qantas QF781	Melbourne	Fri 11th Dec	755pm	Perth	Fri 11th Dec	905pm
	Qantas QF1562	Melbourne	Fri 11th Dec	750pm	Canberra	Fri 11th Dec	9pm

Airport transfers

OGU will provide one scheduled airport transfer for each group. Participants must ensure their flights arrive before the designated transfer time.

Arrivals into Melbourne:

- Group 1 – 11am Mon 7th Dec
- Group 2 – 1130am Mon 7th Dec

Departure from Melbourne:

- Group 1 – 5pm Fri 11th Dec
- Group 2 – 6pm Fri 11th Dec

Accommodation

All bookings & payments are made through OGU, as the following hotels

1. Mercure Melbourne Albert Park (will be the main hotel)
2. Oaks Melbourne Kilda Rd. (only used if extra rooms are required)

Coaches can request and pay for either a single room or twin share. Athletes, depending on age, will be in twin or triple share rooms.

Room allocations & Bookings

- Please note that all participants under the age of 12 at the time of the camp MUST accommodate with a parent/guardian in the accommodation
- Participants aged between 12 and 14 MUST select to be accommodated in a triple room.
- Participants over 15 years of age may select this option; however, priority for this type of room will be given to younger participants. Participants will be contacted if a triple room option is not available to organise twin share.
- Participants over the age of 18 may only accommodate with other participants over the age of 18.
- All athletes under 18 years of age will be allocated a chaperone, who will be responsible for their wellbeing for the duration of the camp. Parents will be put in contact with their child's chaperone prior to the camp.
- Athletes under 18 years of age are not permitted to leave the accommodation outside of training without their chaperone or parent. Parental consent must be provided.
- Athletes over 18 years of age can be independent for the duration of the camp and will be allocated a Wellbeing Officer should they require support.

Meals & catering

Nutrition and hydration form a very important part of recovery and regeneration to perform at your best. Therefore meals are designed with healthy options in mind. Allocated meals are included in your camp registration package. All participants are expected to bring their own labelled water bottle which can be refilled at the hotel or training venue daily.

Residential participants

- Breakfast & dinner is included in the accommodation and will be served at the hotel each day as a group with all residential participants
- Lunch will be provided at the training venue.

Non-residential participants

- Lunch will be provided at the training venue.

IMPORTANT: Should you have any allergies or special dietary requirements, please advise

Emilene Taulu (emilene@oceaniagymnastics.org) by email.

Recovery snacks – some will be provided at the training venue but it is suggested participants bring their own. NO items that contains NUTS please.

What to Bring

All participants are requested to bring the following items to the camp:

- Training gear for all training sessions
- 1 bathers for water recovery sessions;
- Freezer bags for ice recovery
- Personal medications
- ***Tape for any strapping the athlete requires.*** If you have a pre-existing injury that requires taping, please bring enough tape for up to 5 training sessions
- A tennis ball / massage stick / spikey ball / foam roller (for recovery);
- A water bottle (clearly named) is essential;
- A light spray jacket/raincoat in case of inclement weather;
- A pair of runners (sneakers);
- Notebook and pen for education information sessions;
- 2 towels, one for training and a spare bath towel for pool recovery use;
- Toiletries;
- One set of casual clothes including a Tracksuit or a 'Hoodie' and Track pants;

Athlete Safety

The OGU takes the safety of athletes and everyone very seriously. All presenters, staff and chaperones have undergone integrity checks with their National Federation including the requirement to hold a Working with Children Check/ Police Check. Our Child Safe Policy can be viewed on our website. Parents are welcome to contact Alice Stooke, secretarygeneral@oceaniagymnastics.org, should they have any questions.

Medical information/ Devices

For all athletes who carries medical devices such as an EpiPen, inhaler, diabetes lancet and/or sugar for diabetes, please ensure these always remain in the athlete's bag and this bag is clearly labelled with the athlete's first and last name. Coaches/Managers will advise a location for these bags to be kept when training for quick access.

Australian participants are required to show proof of Medicare coverage before collecting their accreditation for the camp. NZ/ Pacific participants are required to show adequate travel insurance, that covers participation in 'Gymnastics' before collecting their accreditation for the camp.

Failure to have suitable travel insurance or Medicare coverage will result in the delegate being unable to participate in the training camp.

Registration Packages

Note: All registration fees DO NOT include international or domestic flights. This is to be booked personally by each individual

Coaches		
	Non-Residential	\$440AUD
	Residential (4 nights - single)	\$1540AUD
	Residential (4 nights – twin share)	\$1040AUD
Athletes		
	Non-Residential	\$570 AUD
	Athlete Residential (4 nights - Twin share)	\$1165AUD
	Athlete Residential (4 nights - Group share)	\$1040AUD

Registration and full payment is due to OGU by 7th November 4pm AEST

What is included:

Residential (athlete/ coach staying in team Hotel)

- Camp registration
- Access to all technical training sessions
- Access to all education & development sessions
- Athlete performance profile report
- Camp handbook
- Camp shirt
- 3 meals per day
- Accommodation (single or shared)
- Airport pick up/ drop off

Non-Residential (athlete/ coach staying in own accommodation/ home)

- Camp registration
- Access to all technical training sessions
- Access to all education & development sessions
- Athlete performance profile report
- Camp handbook
- Camp shirt
- Lunches daily

Terms & Conditions

1. Refunds of the camp fee paid for any reason are available up to Saturday November 21st. A 25% administrative fee will be retained.
2. Refunds of the camp fee paid for medical reasons (a medical certificate MUST be provided) are available up to Sunday 29th November. A 15% administrative fee will be retained.
3. All delegates will be required to complete a delegate information and acceptance form, to be sent after registrations close. This form must be completed by the provided due date to attend the camp.

Registration Link

[Link to register](#)

Contacts

For any further information please contact us for support:

Emilene Taulu (Cook Islands), OGU Development Support/ Camp Coordinator
Email: emilene@oceaniagymnastics.org or Whatsapp: +68251253

Aaron Alsop (Samoa), OGU Development Manager/ Camp Lead
Email: developmentmanager@oceaniagymnastics.org WhatsApp: +6857251391

Marnie Sterner (NZ), OGU TD RG
Email: marnie@nhgym.co.nz Whatsapp: +64 21 909 612

A group communication group will be established for all athletes' parents and coaches prior to camp.

Also please check social media and website pages for regular updates