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Featured in the September 2018 issue of *International Gymnast*, reigning Canadian junior all-around champion **Zoé**

Allaire-Bourgie

plans to keep her stress level low as she trains for a spot at the 2020 Olympic Games in Tokyo.

“I am very aware that only a very small portion of the athletes in Canada will be picked on the team for Tokyo,” said Allaire-Bourgie, who trains under coaches **Katerine Dussault, Pierre Privé** and

Francine Bouffard

at Club Gymnix in Montreal. “Therefore, I try not to put extra pressure on my shoulders. I know that I have the potential but I also know that there are a few aspects that needs improvements to be able to compete for a medal at the Olympics.”

Next month’s World Championships in Doha, Qatar, will serve as the first step for teams attempting to qualify for Tokyo. Allaire-Bourgie will be eligible for senior competition in 2020.

Zoé has two favorite gymnasts. “**Simone Biles**, not only because she won the all-around title in Rio and many world titles, but also because I admire her incredible power. My favorite Canadian gymnast is, of course, **Ellie Black!**”

Read “A Canadian in Control,” a profile on Allaire-Bourgie, in the September 2018 issue of *International Gymnast*

magazine. To subscribe to the print and/or digital editions, or to order back issues, [click here](#)